

Yoga, Anatomy and the Spine

A weekend investigating the underlying principles of Scaravelli inspired yoga.

 Kathy Julius Yoga Trust

Scottish Charity Number SC035978

Teacher: *Marc Woolford*



“If you wish to create a lifestyle that improves quality of life with age, self examination, regular yoga practice and time to meditate are all essential...To my understanding the word 'yoga' means to bind, to put back together, to reintegrate. It has nothing to do with achieving postures through ugly distortion of the body, but it has everything to do with creating the unique condition of harmony and

synergy within the structure, and by reflection, within the human being. When this unique state is achieved, the impossible becomes as simple and as beautiful as the ordinary." *(marc woolford)*

**Saturday 27 February 10.00am to 5.00pm
& Sunday 28th February 10.00am to 3.30pm**

Alex Collie Sports and Centre,
Westfield Park (off Scotstown Road), Bridge of Don AB22 8PE

Cost: £70 for weekend or £45 on Saturday and £35 on Sunday

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or use the payment form in the KJYT website
www.yogaaberdeen.org/

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