

# THE REALITY

## with John Stirk



Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> October 2017

**Sat 10am - 4pm, Sun 9.30am - 3pm**  
**Fee £100 or £55 per day**

The reality of yoga concerns its depth. The deeper the experience the deeper the reality. Tension is found on the outside and inside of the body and deeply within the mind. As tension dissolves we unfold into understanding and realisation. Further inquiry and analysis is rendered unnecessary as the transformative power of freedom reveals itself.

This workshop challenges our perception and our potential for 'going inwards'. Working with the body, breath and mind, participants are invited to pass through and beyond familiar sensations into a way of being that transcends conditioning and habit and in so doing uncovers a profound truth.

**Not suitable for beginners! Please bring your own lunch**

**BOOKING IS ESSENTIAL**

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**BOOKING SLIP - John Stirk weekend 28/29 October 2017**

Name:

Phone:

Email:

I would like to book *both days* / **Saturday only** / **Sunday only**. Please circle