



## **WORKSHOP: Imagery in Yoga**

### **Doing versus feeling**

In the West, students are often taught how to do Yoga postures with almost mathematical precision. In other words, many Yoga classes emphasise the form of postures. Much less attention, however, is paid to the students' experience in the postures. That is a pity, because there is a distinct difference between *doing* a Yoga posture and *feeling* it.

### **We become what we think about**

Unfortunately, many thoughts and feelings we encounter during a practice either go by unnoticed, or they are not helpful. On the latter, certain ideas and beliefs that many of us have whilst practicing are negative ones. Just to illustrate this, many students have come to me making comments along the lines of:

- "Other people in the room are much better than me."
- "I'm stiff and out of shape."
- "I'm horrible at the postures."

This is powerful, negative imagery! If we believe this to be true, we'll let it get in the way of us enjoying Yoga. We create our own obstacles, which before long show physically. Mind and body are interlinked. We become what we think about.

### **Workshop aim**

The aim of the *Imagery in Yoga Workshop* is to explore and experience **positive mental pictures / visualisations in Yoga**. This can help people of all abilities to enjoy Yoga better.

We will be looking at some core postures, and explore how certain imagery can help to reveal ("re-feel"?) the meaning of a posture. Imagery can be a great tool that we use to discover the potential of a Yoga posture. This hands-on workshop will be focusing on imagery, rather than "doing difficult Yoga postures", "getting a good workout", or the idea of "no pain, no gain".

### **Why participate in the Imagery in Yoga Workshop?**

The Workshop is a wonderful way for Yoga practitioners (of all abilities) and teachers who wish to:

- develop further awareness around current mental patterns when practicing Yoga
- learn several positive visualisation techniques that can help with Yoga.

The content of the workshop is based on my own experience with teaching Yoga in the tradition of TKV Desikachar, which gives the breath, spine and dynamic movements a prominent place. More recently I started studying the work of Eric Franklin, a dance tutor, and I'm incorporating some of his ideas around bodywork and movement in the workshop as well.

### **Venue, date, cost, and registration:**

- Venue: Central Reading.
- Date: Saturday 3<sup>rd</sup> October 2009, at 10:00-11:30 a.m.
- Cost: £15
- **To request a booking form, or for inquiries, please send an email to [info@YogaWithLuc.co.uk](mailto:info@YogaWithLuc.co.uk).**

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### **About the teacher:**

Luc has been studying and practicing yoga with Paul Harvey, one of the UK's foremost yoga authorities, since 2005. More recently Luc has also been doing work with Srivatsa Ramaswami, a yoga master from India. Luc is an experienced long-distance runner and also works with visualisation techniques in this context. He offers 1-to-1 Yoga tuition and group classes in Reading. [www.YogaWithLuc.co.uk](http://www.YogaWithLuc.co.uk)

