

A weekend of workshops with
BOBBY CLENNELL

Delivered face to face and online

April 22-24 2022

at Inverness Creative Academy, Midmills Building, Stephen's Street. Inverness, IV2 3JP or

on Zoom for those from further afield

Various sessions at different levels over the weekend



Bobby Clennell has been a direct student of B.K.S. Iyengar, Geeta Iyengar and Prashant Iyengar for over 43 years and teaches at the Iyengar Yoga Institute of New York. She is the author and illustrator of three books, *Watch Me Do Yoga*, *The Woman's Yoga Book* and *Yoga for Breastcare*. Bobby's teaching style is strong, energetic, precise and kind. She is also the creator of *Yoga Yantra*, a beautiful animated short film based on the movements of B.K.S. Iyengar; for more information www.bobbyclennell.com

Class details

Friday April 22nd 6 – 9pm (GMT) Teachers class - The Bhandas

The ancient yogis recognized that there are subtle energy channels in the body, and that at certain points this energy tends to flow outward. In the first class of this weekend workshop, we will look at an overview of how to engage the three bandhas (or “locks”): *Jalandhara Bandha*, *Uddiyana Bandha* and *Mula Bandha*, and draw this energy back inward. Building Resilience and Strength. We will learn practices designed to re-charge our batteries, supercharge our energy, and bolster confidence. *Suitable for teachers, trainee teachers and experienced students (five years plus regular attendance at classes).*

Saturday April 23rd General - all levels

10am – 12:30pm Bobby will focus on poses that strengthen the back muscles, facilitate healthy movement, and make space between the intervertebral discs. *Reclining and Prone Twists alternated with Parivritta Trikonasana* greatly improve spinal health as well as the functioning of the pelvic organs.

3pm – 5pm: The Seated *Forward bends* cool the body and calm the mind, but here we experience them through movement and action. *Active Forward Bends* are energizing, bring relief from anxiety, and create much space in the lumbar spine.

Sunday April 24, 9.30am – 12:00pm General – all levels

Supported Backbends stimulate the adrenals and produce oestrogen. They help us deal with low energy, and feelings of loneliness, emptiness, and depression. In addition, these poses energize the nervous system, boost circulation throughout the body and give us courage. In this segment we will use props to provide the support necessary to fully open the chest allowing our internal subjective space to open.

NB The first three classes on Saturday & Sunday are suitable for all levels of practice, you should be attending regular classes for at least one year. The last session is also open to beginners and those from out with the Iyengar tradition of teaching.

Sunday April 24, 1.30pm – 3.30pm Beginners and General

Restorative-Asana and Pranayama: *“The regulation of the breath brings all happiness, material and spiritual, from the acquisition of kingdoms to supreme bliss. Therefore, O Rama, study the science of the breath!”* Bobby offers a restorative practice followed by breathing practices that are soothing, settling, and profound. We will work progressively and learn the fundamentals of a safe, and secure practice. *This restorative and pranayama class is suitable for students new to the Iyengar method, as well as the on-going practitioner.*

Cost	<u>In Person</u>	<u>Online</u>
Full weekend	£110	£85
Friday Teachers class	£30	£25
Saturday full day	£50	£40
Sunday full day	£50	£40
Friday/Saturday	£75	£65
Friday/Sunday	£75	£65
Sunday pm class only	£25	£20

Preference will be given to those booking the full weekend (Fri/Sat/Sun) and those booking the two full days (Sat/Sun). A recording for the days booked will be available for two weeks.

Practical things

For those attending by Zoom please note - Bobby will need to see you, so arrange your device so you can be seen and be prepared to change the camera angle if need be.

For everyone, Bobby has asked people to have the following equipment:

- 1 x metal folding chair with the back removed
- 2 x sticky mats
- 1 or 2 bolsters
- 2 x yoga belts (or 1 x 6ft, Pune belt)
- 2 x identical bricks
- 4 x foam blocks
- 2 x blankets

Some equipment will be available to borrow on the day but please check in advance.

How to book

Please email info@yogainverness.co.uk indicating which classes you wish to book for (after mid-March please enquire about availability first) then make payment to:

- Account name: **IYENGAR YOGA INVERNESS**
- Account number **17603267**
- Sort code: **802260**
- Customer Reference *BC-Your Name*

If you are intending to visit Inverness to attend in person (and we really hope you do) please note that the Loch Ness Etape is also on the Sunday and thus accommodation may be limited that weekend; best to book that ASAP. The area of Crown is where the venue is located, just a short walk from the railway and bus stations.

Any queries please contact info@yogainverness.co.uk

