

A weekend workshop with
GARTH McLEAN

June 9-11, 2023

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



Garth is a dedicated practitioner of Yoga. He is a senior Iyengar Teacher (Level 3/Int Senior III) and Certified Yoga therapist with the International Association of Yoga Therapists. He is a published author of ***Yoga and Multiple Sclerosis, a Practical Guide for People with MS and Yoga Teachers***. Based in Los Angeles, Garth offers public classes and courses locally and internationally with particular focus on neurological conditions. In 2019, he was the headline Iyengar teacher at the World Yoga Festival. Garth studies annually with the Iyengar family in Pune, India.

In his words - *Blessed with a diagnosis of multiple sclerosis in 1996, Garth successfully manages his course of MS and a hectic schedule with a daily practice of Iyengar Yoga as presented by Yogacharya B.K.S. Iyengar. He has written and performed a one-person show, **Looking for Lightning**, about his journey which he performed live at the Edinburgh Fringe Festival in 2018. You can read more about his journey on his website [Garth McLean Yoga \(yogarth.com\)](http://GarthMcLeanYoga.com)*

Class details

A weekend workshop with a focus on balancing and enhancing function of the nervous system through Iyengar Yoga.

Friday June 9th Workshop 1 Restorative 18:00 – 20:00

This first session of our weekend with Garth is restorative and is for both students and teachers. The focus will be on the nervous system and will offer guidance and help for anyone with a nervous system disorder – this could range from anxiety, MS, other neurological disorders and movement challenges, equally it will benefit practitioners who do not suffer these conditions.

Saturday June 10th Workshop 2 General Intermediate Level Asana class 10:00 to 16:00 (with 1.5hr lunch break)

Sunday June 11th Workshop 3 General Intermediate level Asana class 10:00am to 3:30pm (with 1hr lunch break) Includes asana, Pranayama and Q&A

On both full days, Garth will offer work on various asanas that have been beneficial for a healthy nervous system functioning, based on principles that Guruji and Geetaji have offered him, blended with

his personal insight and experience of having managed his course of Multiple Sclerosis for nearly 27 years through the practice of Iyengar Yoga.

Disease implies and absence of ease or an imbalance...an internal storm... a perfect breeding ground for fear, uncertainty and doubt, all of which seem to resonate in our current global climate.

Cost

Full weekend	£110
Friday evening class	£30
Saturday full day	£50
Sunday full day	£50

Preference will be given to those booking the full weekend (Fri/Sat/Sun)

Space in the hall will be limited to 30 participants, please register early to secure your place!

Practical things

Equipment:

- 1 x sticky mats
- 1 yoga belt
- 2 x wooden/foam or cork bricks
- 4 x foam/cork blocks
- 1 blanket
- Yoga chair and bolster – if you have your own, please bring along

Some equipment will be available to borrow on the day but please check in advance so we know what to bring.

How to book

Please visit [About our Classes & Workshops - Yoga Inverness](#) to book your space, scroll down to the section on workshops. Payment is made through PayPal; you do not need a PayPal account to do this and can use credit/debit cards, click on the correct icon. Any issues please let us know.

For those travelling to Inverness please book your accommodation as soon as possible. The area of Crown is where the venue is located and is just a short walk from the railway and bus stations.

Any queries please contact info@yogainverness.co.uk