

Ajna Chakra

~ Practices for Awakening Intuition



15th January, 10am - 4pm

Calderdale Yoga Centre, Hebdon Bridge HX7 7DD

Tutor: Jayadhara

Ajna chakra also known as the Third Eye is the centre of our intuition. During this workshop we will be using asana, pranayama, mudra, Yoga Nidra together with specific meditation techniques to stimulate the energy of this centre. We will explore *Trataka* (concentrated gazing), a powerful practice to relieve nervous tension, anxiety, depression and insomnia.

Energising Ajna brings refinement of the mind and leads to a better understanding of ourselves and our lives; we can develop intuitive insight and clarity in all aspects of our lives, eventually leading us to the place of 'just knowing'.

Jayadhara (Jane Cluley)

Jayadhara has been teaching yoga since 1988 and holds an MA in yoga philosophy. She is a British Wheel of Yoga Foundation and Diploma Course Tutor (yoga teacher trainer). Her teaching draws on the wisdom of the Satyananda Yoga tradition and Buddhist practitioners; she regularly returns to Satyananda ashrams in India to continue her studies. She has a wealth of knowledge and a talent for expressing her teaching clearly and enjoyably.

PTO for booking

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Enquiries and Booking

For further information, please contact Jayadhara or Jon Pearson at Calderdale Yoga Centre.

To book your place, return the completed form with a cheque for £30 (payable to J. Cluley)

Orchard Cottage, Low St, Husthwaite, York YO61 4Q

Tel: 07906 652669 e-mail: janecluley@tiscali.co.uk

www.yogandshiatsu.org.uk www.calderdaleyoga.co.uk

Please bring a tall candlestick and candle for trataka and also crayons. Please bring a contribution to a shared vegetarian lunch.

Drinks will be provided.

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Booking Form – Ajna Chakra - Calderdale

Name _____

Address _____

_____ Postcode _____

Tel: _____ e mail _____

Confirmation will be sent by e mail, unless an SAE is enclosed

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