



BWY NORFOLK

- *presents a day of yoga with*

Simona Hernandez



"How the chakras can affect our everyday lives"

Saturday 27th February 2010

Venue-Wymondham High School, Folly Road, NR18 0QT

About the Day:

Each of the 7 major chakras governs a different stage of psychological and spiritual development creating various levels of consciousness.

During this day we will take a brief look behind the history of chakras and place them into the greater context of subtle anatomy. Through playful exploration we can start to get a sense of how each chakra can affect us on a daily level physically, cognitively and emotionally. The chakras are greatly underestimated and through a greater understanding of them I truly believe we can achieve a sense of balance within ourselves.

About Simona:

Simona's professional background is in psychology and she has also studied classical ballet. Subsequent studies in Dance Movement Therapy increased her awareness of how inextricably the mind, body and inner spirit are linked. She initially trained as a Sivananda Yoga teacher in 1998, however, her love of yoga drew her to other styles of yoga including Iyengar, Ashtanga Vinyasa, and Vinyasa Flow. Over the last 4 years she has been studying and training as an Anusara teacher. She has been practising yoga for 12 years and has been teaching yoga for 10 years and has continued her yoga training and teaching while living in Sydney and the UK. She teaches in Bath, London and internationally on yoga retreats as well as working with Simon Low on The Yoga Academy Teachers Training Course. Her classes are both fun and challenging and encourage playful exploration of both the spiritual and physical aspects of yoga. She emphasises in her teaching that we may practice yoga in a group, but that the practice of yoga in itself is a very unique journey.

Times: 10 - 4pm Arrive by 9.45am

Shared lunch, please bring food to share inc. disposable plate, cutlery & cup

All ticket Event: Non BWY Members: £28 BWY members: £14

For bookings & more information contact Mike Beaven: 01603 860831 or

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