

Teaching Schedule Autumn 2021 - Winter 2022 Saturday classes		
All half days £35		
**Discounts for single booking of more than one half day		
1 half day = £35, 2 half days = £65, 3 half days = £95, etc		
13/11/21	10 am – 1pm	Restorative Yoga
	2pm – 5pm	Somatic Movement
20/11/21	10 am – 1pm and 2pm – 5pm	Qi Gong
04/12/21	10 am – 1pm	Restorative Yoga
	2pm – 5pm	Somatic Movement
Class Dates for 2022		
Some changes may be made during the year		
2022 Qi Gong		
15 <sup>th</sup> January 12 <sup>th</sup> February 12 <sup>th</sup> March 9 <sup>th</sup> April 14 <sup>th</sup> May 11 <sup>th</sup> June 9 <sup>th</sup> July 13 <sup>th</sup> August 10 <sup>th</sup> September 8 <sup>th</sup> October 12 <sup>th</sup> November 10 <sup>th</sup> December	10 am – 1pm and 2pm – 5pm	Qi Gong
2022 Restorative Yoga, Slow Flow Yoga & Somatic Movement		
29 <sup>th</sup> January 26 <sup>th</sup> February 26 <sup>th</sup> March 23 <sup>rd</sup> April 21 <sup>st</sup> May 25 <sup>th</sup> June 23 <sup>rd</sup> July 27 <sup>th</sup> August 24 <sup>th</sup> September 22 <sup>nd</sup> October 26 <sup>th</sup> November	10 am – 1pm  2pm – 5pm	Restorative & slow flow Yoga  Somatic Movement

Now that we can get back to face-to-face classes I have booked a lovely, large, airy hall in Marlow at Foxes Piece School in their Newfield Place Hall with

- easy parking.
- numbers limited to between 10 and 15 depending on the practice
- spacious environment and lots of ventilation
- classes held on Saturdays in three-hour blocks.

I have copied the timetable below, which was for the most part, dictated by hall availability.

Each half-day has a different flavour and although elements progress the classes are suitable for anyone with any experience. I be adopting a more workshop style including

- ☐ 45 min to 1hr class + half hour sequencing
- ☐ indepth exploration of posture a posture or two and/or sequencing
- ☐ teaching on understanding movements with demonstrations
- ☐ demonstration and partner work \*\* covid safe guidelines permitting
- ☐ hands on adjustments
- ☐ breathing and breath work/pranayama and qigong holding breath
- ☐ exploring different styles of practice
- ☐ time for questions and reflection
  - What is mindful movement?
  - Meditation or visualisation?
  - Why can I not move in the same way both sides?
  - Why is this movement restricted by one particular sensation or muscle?
  - How do I hold a, posture (Qi Gong, yoga, meditation) for any length of time?  
.... and so many more.

For some classes a short video will be available of the main movements and sent to you afterwards. \*\*\* for private use and not to be shared \*\*\*

**Monday mornings** between 8:45 and 9:45 Zoom Qi Gong class Cost £10

You can join on completion of the first Qi Gong Saturday half-day class or if you have been to classes previously.

## On the day

What to bring

Please wear comfortable loose clothes so you can move freely without unyielding fabric restrictions.

- Yoga and Somatic Movement
  - If you have yoga blocks, mats and a cushion for sitting meditation do bring them with you. I bring equipment you can borrow but it is better to have your own.
- Qi Gong
  - You may get cold so jumpers and blankets are always good to have on hand. Flat shoes are optional for Qi Gong. Bring cushions for meditation however there are chairs if you prefer.

I offer light snacks, nuts and dried fruit, and herbal tea during the day.

Please bring

- Your lunch if you are staying all day and there is a pub close by,
- Water
- Snacks

There is a consent form with Covid risk assessment questions attached. Please read and if something is unclear call or email. Each time you come to a live class you will need to complete this form. My privacy policy is on my website. (website rebuild in progress I can't access the editor)

**Location** is Newfield Community Church Hall at Foxes Piece School, Newfield Road, Marlow. I think this link takes you straight to the Hall. Drive along Newfield Road and at the end the road turns right. Keep driving and you will come to the school and carpark. As you arrive at the school keep driving until you come to a car park at the end with a hall straight ahead of you. Park here and come in. Hand sanitiser is available. Please wear a mask or face guard as you enter the hall.

<https://www.google.com/maps/place/Newfield+Community+Church+-+Marlow/@51.5760829,-0.7684118,178m/data=!3m1!1e3!4m9!1m2!2m1!1snewfield+community+church+hall!3m5!1s0x487689c40dece555:0xcd1cabf49dcc43ba!8m2!3d51.5765437!4d-0.7684032!15sCh5uZXdmaWVsZCBjb21tdW5pdHkgY2h1cmNoIGhhbGySAQZjaHVyY2g>