

A BWY MASTERCLASS

Space: The Final Frontier

Bram Williams' own daily yoga practice has evolved over the years into a subtle, meditative approach to asana with a large emphasis on pranayama as a lead into seated meditation.

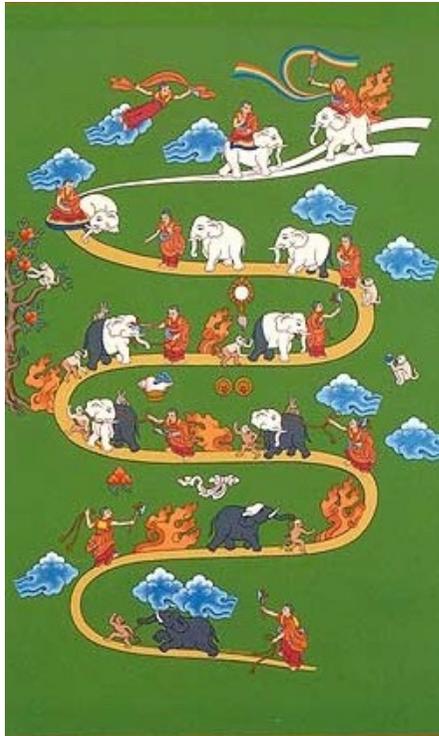
A DCT with the BWY, Bram currently studies with Maarten Vermasse, and has completed the Mindfulness Meditation facilitators Programme with Michael Stone. He recently received permission to share and teach Kum Nye Tibetan Yoga from senior trainers at the Nyingma Centre/ Dharma Publishing in the USA. Having trained in many styles and forms of yoga over more than 18 years, Bram's teaching approach is flexible and adaptable to the needs of a particular group (or individual).



Saturday 28th April 10 am to 4pm

The Study Society, Collet House
151 Tolgarth Road, London W149Da

“As you develop the sense of connection between inner and outer, between the calmness within and the openness of space around your body, you can invite more of the fresh open quality of space in ... and enjoy a deeper level of relaxation. Touching space in this way cultivates a sense of the body floating in space, profoundly calm, yet vibrant with a deep silent joy.” (Joy of Being, Tarthang Tulku)



Ever finished a yoga class in Savasana and felt as if the physical body had dissolved?
What if this wasn't the end of your practice but the starting point?

Using practical exercises drawn from both Hatha Yoga and Tibetan Yogas this workshop will explore how when we move, we move the sensation(s) that we habitually (and conceptually) call the body. We'll then relax into, and expand, these feelings and sensations. On a deep level this way of working in our yoga is as much a form of mindfulness as it is a physical exercise – a form of meditative movement, guided less by thinking and more by what we're feeling. It's a way of becoming embodied - more sensitive and present to our body in all its vitality and wholeness. The selection of practices during the day will reflect the needs and abilities of the group, while also offering people a safe place to challenge their conceptions and thinking about what yoga is. Each session will include a period of quiet relaxation and meditation.

Book through the British Wheel of Yoga website
www.bwy.org.uk Members Price £45

“Thinking of the magnitude of the sky, meditate on the Vastness with no centre and no edge.” ~ Milarepa

