



SHADOW YOGA "TASTER" CLASS

Shadow Yoga is a School of Hatha Yoga established by Zhander Remete. The system includes; a set of joint movement preparations, especially recommended for the beginner and a series of fixed forms or preludes that cultivate stability, softness and internal awareness. The preludes include warrior and sun forms, which teach the student how to work with rhythm and engage skilfully in activity.

The work of the preludes through mindful repetition builds core strength, releases restrictions and allows the practitioner to develop self-awareness. Through mindful awareness our individual physical and mental patterns and habits are revealed and engaged with. These fixed forms or preludes prepare the body, breath and intelligence for asana. This practice increases strength and stamina and improves flexibility.

This class is suitable for all levels

COME AND EXPERIENCES THIS BEAUTIFUL AND GRACEFUL FORM OF YOGA!

PAULENE MORPHETT



Paulene started her yoga practice while at university studying in her mid twenties. Since then she has studied with a number of teachers and explored various styles. John Evans and Karen Watson at Islington yoga introduced Paulene to Shadow Yoga.

Shadow yoga confronted me so clearly and simply that I became inspired to learn more and in 2004 completed the Shadow teacher training at Islington yoga. During this training we attended workshops with Zhander Remete. Since completing teacher training Paulene has taught Shadow Yoga in London, continues attending workshops with Zhander Remete and Emma Balnaves and study with John Evans.

SATURDAY, 14TH MARCH 10:30AM – 11:45AM FEE: £12

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