

# Yoga Coaching with Andrea Newman

Autumn 2021 – yoga on Zoom



## Weekly yoga class

Find ease in movement and breath, promoting health and settling the mind. You will practise an adaptable mindful asana practice, suitable for all levels. This term the theme will be reflections on the ethical considerations of raja yoga - **yama and niyama**.

10 classes on Wednesdays 6-7pm, 22<sup>nd</sup> Sept – 1<sup>st</sup> Dec (half term break 27<sup>th</sup> Oct)  
£10 per class drop-in, or £70 for course of 10 classes, or £43 for any 5 classes.

**PLUS TWO ADDITIONAL FREE CLASSES** 15<sup>th</sup> Sept (all welcome) and 22<sup>nd</sup> December (Christmas special!)

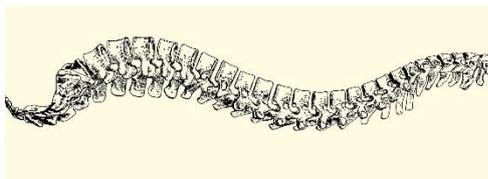


## Yoga philosophy group

A chance to stay behind after class and find out a bit more about yoga philosophy, relating it to your own yoga practice or life in general. An informal Q&A format. Suitable as CPD for yoga teachers, though all yoga practitioners are welcome. These 3 initial sessions will focus on yama and niyama.

3 one-hour sessions on Wednesdays 7.15-8.15pm: 29<sup>th</sup> Sept, 3<sup>rd</sup> Nov, 1<sup>st</sup> Dec (3 hours CPD)

Free if you are signed up for whole term of classes (£70) or £15 drop-in to class + philosophy group afterwards.



## A&P investigation workshops for yoga teachers

Look beyond the text books and explore the real life implications of anatomical and physiological

concepts. Join a group of yoga teachers who enjoy discussing the awesome complexity of the workings of the human body! These informal Saturday workshops will give you the chance to ask questions and explore relevant and interesting topics, particularly pertaining to healthy movement, and helping yoga students to work and progress safely and effectively in class. We will use an asana as a start point for each session. Advance questions welcomed. Optional worksheet for home study.

2.5 hour workshops on Saturdays 10am-12.30pm plus 1.5 hours home study suggested

A course of 3 workshops: 2<sup>nd</sup> Oct, 6<sup>th</sup> Nov, 4<sup>th</sup> Dec (7.5-12 hours CPD)

£30 per workshop, or £75 for all 3.



**All access** to all yoga classes and CPD sessions above Sep-Dec 2021: £120

**To book**

Email [andrea@yogauk.com](mailto:andrea@yogauk.com) to book a place, stating clearly which session(s) you are booking, and for payment information.

**Concession**

If you are very keen to come to any of the yoga classes or sessions above, but money is an obstacle, please get in touch [andrea@yogauk.com](mailto:andrea@yogauk.com)

**Health questionnaire and contact details form**

For anyone who has not been taught by Andrea previously, a completed health questionnaire is required before attending any of the above. Please email [andrea@yogauk.com](mailto:andrea@yogauk.com) to request a form.

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## Rolfing sessions

Andrea is a Certified Advanced Rolfer DIRI/ERA, and has a private Rolfing practice in Bristol BS4. One-to-one in-person Rolfing sessions are bespoke, and include body reading, hands-on work, movement and perceptual work. For more information see

[www.yogaandrolfing.co.uk](http://www.yogaandrolfing.co.uk) and [www.rolfinguk.co.uk](http://www.rolfinguk.co.uk)

By appointment, £80 per session

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**A message from Andrea...**

I'm excited to be able to lead the above yoga sessions during the autumn 2021 on Zoom.

My weekly yoga classes are returning in September. I led 6 months continuous classes from the end of 2020, with a theme of sustaining during challenging times. After a summer break, I'm now going back to my usual termly course format, each with a theme.

The A&P investigation workshops for yoga teachers are a new venture that have been in the pipeline for some time now and I'm really looking forward to getting started with those.

The philosophy group is another new offering – for yoga students and teachers who would like to explore yoga philosophy and its application in more depth.

You'll find some further information and a quick term date reference at

[www.yogaandrolfing.co.uk](http://www.yogaandrolfing.co.uk)

For those who are unfamiliar with my work - my background is in Rolfing, yoga and science. I am a Certified Advanced Rolfer (DIRI/ERA), have a BSc(Hons) degree in Biochemistry, have been teaching yoga since 1994, and yoga teacher training and coaching (BWY DCT) since 2003. If you're curious and would like to dip your toe in to see if my work and approach resonates with you, do book into one of the free yoga classes mentioned above. I won't be offended if it's not what you're looking for! All are welcome, whether it's just for one session, one course, or for the longer term. It's always lovely to have a mix of old and new faces and voices in each group. Hope to see you soon.