

Yoga Coaching with Andrea Newman

Winter/spring 2022



Weekly yoga class on Zoom

Follow a mindful yoga practice, respecting your body's own unique limits and potentials. Suitable for all levels and all bodies. This term the theme is **'lifting the spirit'** with readings from poetry and ancient texts on this topic, and practices to improve physical and mental health.

12 classes on Wednesdays 6-7pm, 12th Jan – 6th April (half term break 23rd Feb)
£10 per class, **or** pre-booked £84 for course of 12 classes, **or** pre-booked £52 for any 6 classes.
Concessions available

A&P investigation workshops for yoga teachers

Look beyond the text books and explore the real life implications of anatomical and physiological concepts. These informal Saturday workshops will give you the chance to ask and explore questions about structural and functional anatomy and aspects of physiology. Suitable as CPD. Non-yoga teachers with some A&P prior study are welcome.



See more at www.yogaandrolfing.co.uk

2.5 hour workshops on Saturdays 10am-12.30pm
A course of 3 workshops: 29th Jan, 26th Feb, 26th Mar, 7th May, 11th Jun
£30 per workshop, or £125 for all 5.

All access January-June 2022 to 20 online yoga classes and 5 A&P workshops: £199

Rolfing® sessions

Andrea is a Certified Advanced Rolfer DIRI/ERA, and has a Rolfing practice in Bristol BS4. Private one-to-one Rolfing sessions are bespoke, and include body reading, hands-on, movement and perceptual work. For more information see www.yogaandrolfing.co.uk and www.rolfinguk.co.uk
By appointment, £80 per session



Upcoming later in 2022...

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In-person weekly yoga class in BS4 – summer term

April-June 2022

Time and day to be confirmed.

Zoom weekly yoga class – summer term

April-June 2022

There will only be 8 classes during the summer term, due the retreat below:

Yoga and Meditation course/retreat in Spain

2-9 July 2022

Led by Andrea at Cortijo Romero - a super location, fully catered, suitable for singles or friends/couples, all ages and levels. More information and booking [here](#).

(Early bird price if booked before 2/4/2022.)

Anatomy of Movement BWY module

2022 (dates tbc)

A 6-day in-person advanced course for yoga teachers in Bristol, focusing on functional anatomy and movement theory, and the application of anatomical knowledge to the promotion of safe practice and constructive healing in yoga teaching. Please enquire for more information andrea@yogauk.com Further details will appear on the BWY website once dates are confirmed.

Ashram retreat in Wales

16-18 September 2022

A private retreat led by Andrea and ashram residents at the [Mandala Yoga Ashram](#), Llansadwrn, Carmarthenshire, Wales. An ashram experience for Andrea's teacher training students past and present. Other yoga teachers and experienced yoga practitioners are welcome to join us. Contact andrea@yogauk.com for more information.

For more information about Andrea's work and up to date information on all of the above see www.yogaandrolfing.co.uk Enquiries, please email andrea@yogauk.com