

donna farhi

6 JULY - 10 JULY 2018, CAMBRIDGE

Spinal Intergration

A Yoga Intensive with Donna Farhi

"A profound experience which left me feeling free and whole. I thoroughly recommend this intensive to anyone who wants to come home to themselves." J.Simas, London

The spinal column is the vertical axis of the body and when aligned with integrity the force of gravity falls through rather than into the spine, allowing us to sit, stand and move with ease. In this intensive we will explore the anatomy, kinesiology and functional movement of the spine learning how to practice Yoga postures with greater efficiency and thus less strain on the back.

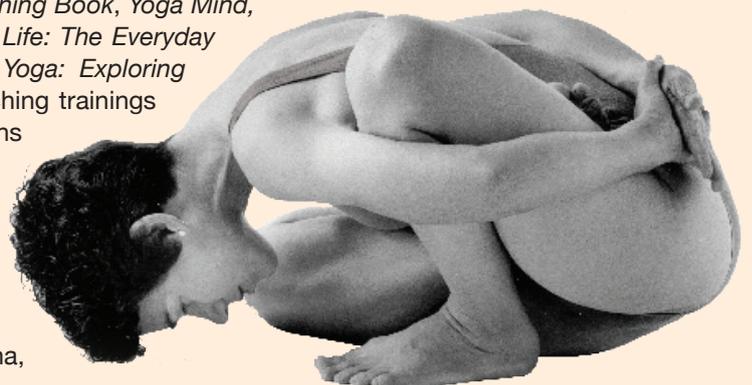
A major focus in this intensive will be learning to release and balance the deep iliopsoas muscles. As the psoas muscles are a key determinant of the position of the pelvis and lower back, establishing ease in these muscles paves the way for having balance throughout the whole of the body. This foundation work paves the way towards establishing a fluid stability within the spine for lifelong ease in your posture, movement and daily activities.

To support our study of functionally integrated movement Donna will also introduce students to several human developmental movement patterns that are essential for healthy spinal function. Donna will also present several PowerPoints covering general spinal anatomy, the iliopsoas muscles and the sacroiliac joint. You will also receive extensive illustrated digital handouts to support your practice post-intensive.

This workshop is for anyone who has been practicing Yoga consistently for at least a year and is especially recommended for teachers working with others. The focus of this workshop is on creating spinal health through integrated movement throughout the whole body. Those with spinal problems accompanied by mild chronic pain who are already receiving ongoing Yoga instruction are welcome to attend but this workshop is not suitable for those with acute back pain. While Donna will make every effort to help individuals with specific spinal problems participants need to respect the limits of what can be attained within a group class in a short period of time as contrasted to ongoing one-on-one Yoga therapy.

Donna Farhi is a Yoga teacher who has been practicing for 39 years and teaching since 1982. She is one of the most sought after guest teachers in the world, leading intensives and teacher training programs internationally. Her approach to Yoga is informed by the refinement of natural and universal movement principles that underlie safe and sustainable Yoga practice. This concentration on fundamental principles allows student of all levels of experience and from all traditions to build their own authentic Yoga practice. Considered the "teacher of teachers" students return to Donna's intensives year after year to be a part of the inspiring evolution of Donna's own practice and teaching.

Donna is the author of four contemporary classics: *The Breathing Book*, *Yoga Mind, Body & Spirit: A Return to Wholeness* and *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. Her fourth book *Teaching Yoga: Exploring the Teacher-Student Relationship* is a curricular text for teaching trainings worldwide. She has been profiled in four separate publications on exceptional contemporary teachers of our time, including *Yogini: The Power of Women in Yoga*. After nearly four decades of practice Donna believes that Yoga is about learning to befriend our self and to be in friendship with others as a means to building greater fellowship with all of humanity. American born, Donna now resides in Christchurch, New Zealand on a 30- acre farm with her horses, Santosha, Liberty and Ambrosia.



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Workshop Schedule

Friday July 6 2018 - 6.00pm - 8.00pm

Saturday July 8 - Tuesday July 10 2018

10.00am - 1pm and 2.30pm - 5.00 pm (each day)

Please note:

- There will be no partial enrolment for this intensive.
- Class numbers will be limited for this engagement.
- Depending on numbers Donna will have at least one experienced teaching assistant to help participants integrate the material.

Venue

Lee Hall,
Wolfson College
Barton Road,
Cambridge
CB3 9BB •

Fees

The full fee for the Intensive is £430.00 + £7.50 online booking fee to be paid in full by 31 March 2018.

There is a two-step payment process via the website [BOOK HERE](#) page:

1.) A non-refundable deposit of £130 + £2.50 online booking fee secures your place. You will receive a confirmation email with a link to pay your remaining balance of £300 + £5.00 online booking fee.

2.) Use the link to return to the booking system to pay your balance in full anytime before 31 March 2018.

3.) You will receive a reminder email at the end of February 2018 with a link to pay your balance, if you happen to mislay your original confirmation email.

Please note the booking fee where indicated simply covers the fee levied by the online payment company. Booking fees are entirely non-refundable in all circumstances.

Cancellation Policy

Cancellation before 31 March 2018 will be refunded minus the £130.00 non-refundable deposit.

Cancellations after 31 March 2018 will only be refunded minus the £130.00 non-refundable deposit if your place can be filled from the waiting list.

Booking fees are entirely non-refundable in all circumstances.

What to bring

Please note the venue is not a yoga studio. You **MUST** bring the following equipment with you:

- TWO, yes two, 8-foot long yoga belts made from wide cotton webbing with strong metal D-rings. Narrow, nylon belts with plastic cinches or metal pull-through ends will NOT suffice.
- 1 yoga mat
- 3 wool or cotton blankets
- a wash cloth, hand towel and thick bath towel
- 1 bolster, if you have one (non essential).

Please note: equipment may be stored in the venue overnight at owner's risk. The organisers cannot accept responsibility for any loss or damage to equipment left in the hall overnight.

How to book

For bookings please go to:

<http://www.beverleynolan.com/book-here>

For further information contact the organiser:

Beverley Nolan via email: info@beverleynolan.com