BONE YOGA with Paul Cohen

Sunday 15 October

10am - 5pm

Monkton Wyld Court, Bridport, Dorset

Learn "Bone Yoga 1" sequence, which includes a "Bone Meditation".
Bathe in a Restorative Yoga Session.
Come away feeling relaxed, refreshed and restored.

"Bone Yoga" is a gentle yoga/movement sequence suitable for all levels.
The focus of "Bone Yoga" is on the skeletal system and ligaments, and follow the same principles of engagement that is use in Zero Balancing.
Through gentle conscious movements/yoga asana's students will focus on getting to and feeling the "Blue Line", (the first place of contact/engagement), and gently moving into the end range of motion.

Bone Yoga works gently and mindfully and well within our comfortable range of motion, and specifically moving from the "blue line", feeling it's energetic engagement qualities. Developing an internal kinesthetic body felt experience of the first place of engagement will give a new dimension of safety and stability to yoga.
For many a seasoned yogic, this may well be a new way of experiencing asana's, and for beginners it's gentle, mindful approach makes it perfect introduction to yoga.

About Paul Cohen

Paul qualified as an Acupuncturist in 1985, gained his certificate as a Zero Balancer in 1992 and graduated as a Zero Balancing teacher in 1996. He qualified as an Advanced Yoga Teacher in 2016.
Paul teaches in NZ and internationally, and lives and works on Waiheke Island, New Zealand.
Many of the insights of "Bone Yoga" comes from Paul's Zero Balancing background and his understanding of skeletal system. He has merged Zero Balancing and Yoga into a fascinating new style and focus of yoga, "Bone Yoga".

Booking Details

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To secure your place please email the booking form details below to zbpaulnz@gmail.com

Please contact Paul for bank details
Email:- zbpaulnz@gmail.com

Booking Form

I would like to reserve a place on the Monkton Wyld Court,"Bone Yoga" Class Sunday 15 October 2017,

Name.....

Address……

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Phone(s)……

Email.....

For more information phone Tim Franklin in the UK
Phone:- 07950 365879
Email:-info@zenarts.co.uk