

ॐ A YOGA CELEBRATION DAY ॐ

Sunday 5<sup>th</sup> July 2020



We are excited to announce, for the *sixth year running*, the **STOCKBRIDGE YOGA CELEBRATION DAY** with inspirational teachers, on Sunday 5<sup>th</sup> July 2020. This will be an exciting event with local independent teachers with many styles of classes. Whether you are a yoga teacher, yoga practitioner or new to yoga and just curious, come along and try out one class or stay for the whole event and enjoy several sessions hosted by an experienced group of teachers. It will be fun, relaxed and friendly.

The event will take place in the fabulous Stockbridge Town Hall, just a few miles outside of Winchester, Andover and Salisbury. Stockbridge, a former market town in Hampshire's Test Valley, has an attractive High Street, free parking with lots of shops and cafes.

Everyone is welcome and we very much look forward to welcoming you on the day and sharing this FANTASTIC event with you.

*Jo & Al Dowey*



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**ALSO AVAILABLE ON THE DAY**

Henna Tattoos by **DESIGNS WITH FARHANA** and Yoga clothing by **NULU ACTIVEWEAR**



All profits from this event will be donated to [www.papyrus-uk.org](http://www.papyrus-uk.org) prevention of young suicide, **Dementia UK** [www.dementiauk.org](http://www.dementiauk.org)  
& **Andover Crisis & Support Centre** [www.andovercrisisandsupportcentre.org.uk](http://www.andovercrisisandsupportcentre.org.uk)

## DETAILS

- **DATE:** Sunday 5<sup>th</sup> July 2020
- **TIMING:** 10am-5pm
- **VENUE:** Stockbridge Town Hall, High Street, Stockbridge, SO20 6HE ([www.stockbridgetownhall.co.uk](http://www.stockbridgetownhall.co.uk))
- **COST:** £15 paid up front. This will entitle you to attend unlimited classes (subject to availability). All proceeds will be donated to Charity
- **PAYING/BOOKING:** PAY at [www.joga.me/workshopevents](http://www.joga.me/workshopevents). All classes need to be PRE-BOOKED at [www.joga.me/class-booking](http://www.joga.me/class-booking) or MindBody account/app
- **CONTACT: Jo Dowey:** E: [jo@joga.me](mailto:jo@joga.me)

## THE DAYS SCHEDULE

UPSTAIRS HALL						
10.00	10.30-11.30	11.45-12.45	12.45-13.15	13.15-14.15	14.30-15.30	15.45-16.45
<b>SUN SALUTATIONS TO THE MANTRA</b> Jo Dowey	<b>FLUID FLOW</b> Jo Dowey	<b>FEELING THE LOVEDA WITH YOGAVEDA</b> Julia Chilcott-Coombes	Pause, chill & chat	<b>ZEN YOGA &amp; QIGONG</b> Bridget Pallas	<b>DETOX YOGA</b> <i>(FUNKY ARM BALANCES, TWISTS &amp; STRENGTH)</i> Jo Lamaison	<b>YOGA NIDRA &amp; SOUNDBATH</b> Emily Burrough & Vivienne Yardley
DOWNSTAIRS ROOMS						
10.00	10.30-11.30	11.45-12.45	12.45-13.15	13.15-14.15	14.30-15.30	15.45-16.45
<b>MEDITATION</b>	<b>SLOW FLOW: Yoga with Honesty</b> Helen Portas	<b>RELEASE THE JOY: Heart Centre Opening Flow</b> Carrie Beecroft Sinnott	Pause, chill & chat	<b>CHANTING FROM AROUND THE WORLD</b> John Cass	<b>SIVANANDA YOGA</b> Paul Hicks	<b>YIN YOGA TO SOOTH THE SENSES</b> Amanda Ridgley

## THE TEACHERS



**Amanda Ridgley (3.45pm):** [www.thrivewellbeing.co.uk](http://www.thrivewellbeing.co.uk)



**About:** Amanda is a certified Breathworks Mindfulness Teacher, Co-Active Professional Coach and Yoga Therapist with a passion for mental wellbeing. Having fulfilled many clinical placements with the NHS, Amanda has a wealth of experience working with many health conditions particularly trauma, depression and anxiety.

**CLASS DESCRIPTION: YIN YOGA TO SOOTH THE SENSES:** Amanda offers Yin Yoga, a slowed-down version of yoga to give you the opportunity to enjoy long holds and fascia release. Yin Yoga requires you to surrender in the poses, turn inwards and find stillness. Amanda believes that its your body and so it should be your yoga too. Yin is the perfect antidote to the constant emailing, texting and social media updates. So see you on your mat with your phone 😊

**Bridget Pallas (1.15pm):** [www.zenyogawithbridget.com](http://www.zenyogawithbridget.com)



**About:** Bridget began teaching yoga 10 years ago in New York and quite unexpectedly, this journey took her around Central America, India and Europe to where she now resides in Hampshire. Several back surgeries in recent years created quite a shift for Bridget when she was told that she may have to live on medications as further surgeries wouldn't help her to be more mobile. As a stubborn NY'er she wouldn't accept this so looked for other solutions and discovered the ancient Chinese energy work – Qigong. Bridget jumped at the chance to train under a Zen Master in the rigorous Rinzaï lineage. Bridget is now specializing in qigong, mindfulness and meditation, helping people to look inward for solutions using the body's energy and focus to bring calmness, to relieve stress and to ease pain. **CLASS DESCRIPTION: ZEN YOGA & QIGONG:** Come and explore the ancient practices of the samurai with qigong and Dan Tian breathing meditation. We will work our energy lines for this summer season which can help you to feel a sense of abundance and groundedness.

**Carrie Beecroft Sinnott (11.45am)** [www.flowlife yoga.co.uk](http://www.flowlife yoga.co.uk)



**About:** Carrie Beecroft Sinnott (FlowLifeYoga) has been teaching Vinyasa Flow Yoga for 14 years and practicing for over 25 years. She has trained with many of the great modern yoga masters, including Shiva Rea, Tias Little, Richard Freeman, Katy Appleton, Liz Lark and Anne Marie Newland. Carrie holds a Yoga Alliance professional 500 hours qualification. Her passion lies in finding the joy in all aspects of life, especially through the path of yoga. She firmly believes in the philosophy of yoga: "Be kind whenever possible. It is always possible". **CLASS DESCRIPTION: RELEASE THE JOY: HEART CENTRE OPENING FLOW** - Find an abundance of prana and shakti, the heart energy of yoga, through this krama vinyasa flow that connects you to your heart centre and allows you to journey into the deep bliss layer of your being.

**Emily Burrough (3.45pm):** [www.emilybyoga.co.uk](http://www.emilybyoga.co.uk)



**About:** Emily completed her 500 hour+ teacher training in Glastonbury with Wendy Teasdill from the British Wheel of Yoga. Emily has also taken trainings in Aerial Yoga, Yoga for Children & Teens, Yin Yoga and Yoga Nidra. Emily runs most of her classes from her Studio @ Ed Lodge on Castle Road in Salisbury. Teaching Hatha flow and Aerial Yoga classes with plenty of focus on the breath, various options are given throughout to ensure that classes remain suitable & accessible to all levels. Emily's aim is for her students to feel that they have challenged themselves, explored their edges and walked away from class with a sense of wellness in their bodies & minds.

**CLASS DESCRIPTION: YOGA NIDRA & SOUND BATH** - Emily will be working in collaboration with Vivienne to help gently draw an end to the day with some deep relaxation and calm. Firstly, Emily will guide you through a calming and centering pranayama practice, followed by a nurturing Yoga Nidra. Vivienne will then follow with an enchanting Gong Sound Bath, to bring you to a place of calm & serenity. Yoga Nidra is a deep, guided form of meditation which promotes deep rest and relaxation, calms the nervous system and aids with insomnia, anxiety and stress. A Gong Bath is a beautiful opportunity for you to relax, do nothing and simply be. Gong and sound therapy have been used in ancient cultures for centuries for their healing and restorative capabilities. We look forward to sharing this experience with you.

## Helen Portas (10.30am): [www.limyoga.co.uk](http://www.limyoga.co.uk)



**About:** Having practised yoga all her life, Helen made the move from classroom teaching to teaching yoga full time after training at Yoga Campus and establishing LIM yoga. The varied teaching styles she experienced at Campus are reflected in her own classes which are breath-led; creative; fluid and fun! Helen firmly believes yoga should be accessible to all ages and abilities and teaches Chair Yoga and Yoga for Palliative care as well as mat-based classes.

**CLASS DESCRIPTION: SLOW FLOW - YOGA WITH HONESTY** - This is a nourishing and supportive, mindfully paced yoga class, designed to help us move towards self-acceptance - meeting ourselves where we are, as we are, without judgement. A perfect start to your day of yoga celebration with mindfulness, openness and honesty. With slowness to the flow comes depth of feeling and depth of breath. This class isn't complicated; all it requires is that you come to the mat being honest with yourself,

your needs or your limits; the boundaries being set by the body. Enjoy a simple, well rounded flow class where you'll find you're able to build self-kindness and self-confidence through an honest acceptance of your body in the here and now.

## Jo Dowey (10 & 10.30am): [www.joga.me](http://www.joga.me)



**About:** Jo has been a qualified yoga teacher for over 8 years. Her friendly, fun and grounded classes and workshops in Andover, Stockbridge and surrounding areas integrate the best elements of power yoga, with anatomical awareness and mindfulness. Jo's down to earth approach to her classes are aimed to inspire, educate and empower to increase strength, stamina, flexibility and wellbeing with a strong focus on alignment and stability. Sessions are dynamic and fluid flowing, harmonising breath with movement. Jo holds a diploma with Sun Power yoga CYQ/YMCA, REPS level 3 (Register of Exercise Professionals) and is an Experienced Registered Yoga Teacher and Continuing Education Provider with the International Yoga Alliance Organisation. **CLASS DESCRIPTION: FLUID FLOW** - Expect a 'fluid flow' inspired yoga session that is deep, dynamic and informative. Through unique, creative and evolving sequences you will be encouraged to discover what your body is capable of in a playful, non-competitive way. You will leave feeling invigorated, open and grounded with a deeper connection to yourself.

## Joanna Lamaison (2.30pm): [www.Jogadance.com](http://www.Jogadance.com)



**About:** Jo trained as a dancer at Trinity Laban and has been teaching dance for over 12 years in schools and colleges in London and Hampshire. She found a natural love for yoga when she moved to Winchester and then added Vinyasa Yoga to her portfolio in 2015 when she became a member of Yoga Alliance, having completed 200 hours of RYT at the School of Yoga Institute's training in Costa Rica. She has been teaching adult yoga classes in Winchester ever since and loves being able to help people achieve progress in their practice. Most recently her yoga and dance fitness classes have moved to an exciting new venue in central Winchester at The Nutshell. **CLASS DESCRIPTION: DETOX YOGA WITH FUNKY ARM BALANCES, TWISTS AND STRENGTH WORK**- The focus for class will be detoxifying twists with primary focus on anatomy, alignment and mindfulness, linking movement and breath to attain balance in the mind and body. Jo's class will be differentiated for varying abilities so that you will feel challenged yet relaxed after your practice.

## John Cass (1.15pm): [john@johncass.co.uk](mailto:john@johncass.co.uk)



**About:** John first experienced chanting at the Yoga for Health Foundation. It led to his establishing a chanting group at the Centre for Natural Health in Wickford in 1998 and his becoming interested in the healing effect of sound generally. He has attended a number of workshops with James D'Angelo and an intensive course in Spain with Michele Averard and Nestor Kornblum, founders of Harmonic Sounds, The Association of Sound Therapy. Since then he has facilitated sound healing workshops and led chanting groups in Essex, Suffolk, Snowdonia, Herefordshire and now The Walllops, with the emphasis on healing and fun. **CLASS DESCRIPTION: MAKE YOUR HEART SING** ♡ 🎵: Chants from around the world to calm your minds and open your hearts.

**Julia Chilcott-Coombes (11.45am):** [www.yogavedaukhub.com](http://www.yogavedaukhub.com)



**About:** Julia is the Director and Founder of YogaVeda UK, is a Fully Qualified Accredited Ayurveda Consultant, Yoga Trainer, Children's Yoga Teacher; also as a trained Mindfulness and Meditation teacher Julia has pioneered Mindfulness and Yoga having a place on the curriculum for all school children. Julia has worked with Southampton University on developing wellbeing strategies for Trainee Teachers and is currently the Wellbeing Lead at the Secondary school and 6th Form where she works full time.

Julia is passionate that every person has the right to be consistently full of vitality and as well as they can be; using the practice of Ayurveda and Yoga to create individually tailored wellbeing plans to help clients to better 'survive' the demands that the over stimulated world we live in presents us. Julia has created a thriving practice based in Southampton. **CLASS DESCRIPTION: FEELING THE LOVEDA WITH YOGAVEDA** - Yoga forms a part of Ayurveda as it refreshes the body, relieves stress and improves digestion. Different Yoga asanas have varied effects on an individual's body. Each of us has a unique constitution governed by our physical and emotional make up as well as our lifestyle, daily routines, the foods we eat, what time we go to bed etc. These constitutions are called Doshas and are linked to the elements. The Dosha are Vata (ether and air) Pitta (fire and water) Kapha (water and earth) Yoga helps to maintain a balance in the all the three Doshas. Join Julia's session to experience the profound benefits of practicing Dosha specific postures, breathwork, self-enquiry and deeper relaxation using mindfulness techniques.

**Paul Hicks (2.30pm):** [phicks5282@gmail.com](mailto:phicks5282@gmail.com)



**About:** Paul Came to yoga fairly late in life, and purely by chance. He qualified at a Sivanada Ashram in Kerala and it was there that he was taught the importance of proper breathing. As a result, breathing exercises are included at the start of every practices and continually emphasised throughout. Through controlling and calming the breath comes calmness and control of the mind. When teaching Paul try to bring this sense of calmness to every student irrespective of how flexible or strong they might be. **CLASS DESCRIPTION: SIVANANDA YOGA** - A typical Sivananda class begins with pranayama exercises. After warming up with sun salutations, the focus is on the mastery of twelve basic poses. The poses were carefully selected and include inversions, backbends, forward bends, twists, balances, and hamstring stretches. A little of everything, in other words. The poses are ideally done slowly and with control to stretch and strengthen the body as well as open the chakras.

**Vivienne Yardley (3.45pm):** [www.facebook.com/GongBathGatherings](http://www.facebook.com/GongBathGatherings)



**About:** Hooked on the relaxing, rejuvenating feeling that Gong baths induced in Vivienne, she decided to learn to play Gongs herself, training as a Gong practitioner with the College of Sound Healing in the UK. Having originally trained on an intensive Yoga teacher training in India in 2008, she continued to train with various other gurus in different Yoga styles. Her path led to Sanjeev Bhanot and his Advanced Yoga Teacher training, and once more she found herself in magical India. Since then Vivienne has been an active Yoga teacher and Gong player in various countries including Vegan Cruises in Europe and South America. In the UK she gives regular Gong Baths at various venues, as well as festivals and corporate or team building events. Vivienne is passionate about spreading the relaxation and revitalization benefits of Gong Baths far and wide across Europe and other continents. **CLASS DESCRIPTION: YOGA NIDRA & SOUND BATH** – Vivienne will be working in collaboration with Emily to help gently draw an end to the day with some deep relaxation and calm. Firstly, Emily will guide you through a calming and centering pranayama practice, followed by a nurturing Yoga Nidra. Vivienne will then follow with an enchanting Gong Sound Bath, to bring you to a place of calm & serenity. Yoga Nidra is a deep, guided form of meditation which promotes deep rest and relaxation, calms the nervous system and aids with insomnia, anxiety and stress. A Gong Bath is a beautiful opportunity for you to relax, do nothing and simply be. Gong and sound therapy have been used in ancient cultures for centuries for their healing and restorative capabilities. We look forward to sharing this experience with you.

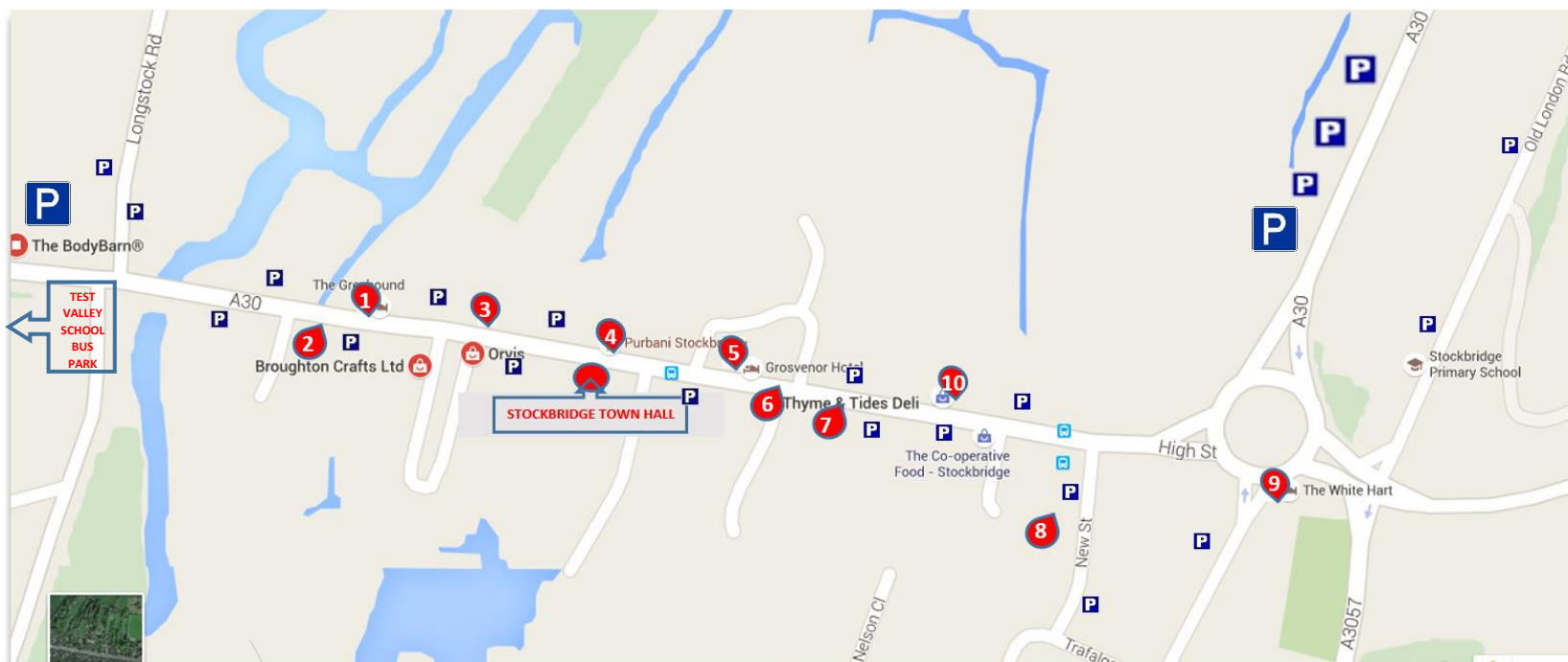
# DIRECTIONS



**Stockbridge Town Hall**, High Street, Stockbridge, SO20 6HE - [www.stockbridgetownhall.co.uk](http://www.stockbridgetownhall.co.uk)

**Directions:** Stockbridge lies at the junction of the A30 and the A3057 both of which can be accessed from the A303. The southbound A3057 leads to Romsey. The B3049 from Winchester joins the A30 and A3057 in a large roundabout at the east end of the town. To the west the A30 leads to Salisbury. The Town Hall is a major feature on the south side of the High Street.

**Parking:** There is no specific parking for the Town Hall itself but plenty near-by as shown in the map. The wide **High Street** in Stockbridge allows free parking on both sides and also on the **off roads** where it is legal. I have also arranged with the **Bodybarn (SO20 6EZ)** at the top end of the High Street, to have the use of their carpark. If you park here, please don't obstruct any other vehicle. Plus, you will also notice, slightly beyond the Bodybarn, is the **bus park** area for Test Valley school.... You may be able to find a few spaces up there, as the school will be closed. All shown on the map below. Please allow plenty of time to park.



## COFFEE SHOPS AND PLACES TO EAT

1. The Greyhound Pub
2. The Three Cups Pub
3. Woodfire Pizzeria
4. Purbani Indian
5. Grosvenor Hotel
6. Thyme & Tides Deli Cafe
7. Lillies Tea Room
8. The Black Bean Chinese
9. White Hart Inn Pub

## SUPERMARKET AND CASH MACHINE

10. Co-op