



# YOGA GARDEN



## Sower of Dreams

*"Take a leap of faith and begin this wondrous new year by believing. Believe in yourself. And believe that there is a loving Source - a Sower of Dreams - just waiting to be asked to help you make your dreams come true." ~ Sarah Ban Breathnach*

At The Yoga Garden, we fully-embrace these sentiments and hope we can help you find your 'sower of dreams' in 2018.

## Thai Massage Practitioner Training

Thai Massage is a wonderful dynamic therapy of applied stretch and acupressure. This year we are running two intensive courses, at home and abroad. Both deeply nurturing and relaxing with delicious vegetarian food included. They offer the chance of a new career in holistic therapy or a way to deepen your existing practice.



Last chance to sign up for the UK course: [Read More](#)

Or choose [Corfu](#), run in a peaceful villa by the sea on a private estate, with breathtaking panoramic views. Maybe an opportunity for a few to join us in the villa on a retreat basis, with lots of Thai Massage on hand! Watch this space or contact [Nina](#)

## Join us on the Mat in Jan & Feb

[New Year - New Beginnings Aroma Yoga](#)

[Workshop with Jacqueline & Nina](#) | Sat 6 Jan

| 11am - 1pm

[Beat The Bloat with Georgina Griggs and Nina](#)

[Fowkes](#) | Fri 12 Jan | 12 - 2pm

[Aroma Yoga Workshop with Nina](#) | Tues 23 Jan |

2.30-4.30pm

[Finding Your Ground - Yoga Therapy Workshop](#)

[with Silvia Laurenti](#) | Sat 27 Jan | 10.30am-1.30pm

[Sound Bath with David Tipper of Nada Sound](#)

[Therapy](#) | Sat 20 Jan | 6.30pm - 8pm

[Pregnancy Teacher Training with Mel Campbell](#)

| Sat 3 & Sun 4 Feb | 10.00am-5.00pm

[Enchanted Garden Workshop with Nina and Tracy](#)

[Jane Sullivan on Healing Harp](#) | Fri 16 Feb | 6.30-

8pm



## Mindfulness in Schools Project

Mindfulness has never been more important than now. This powerful practice can help people deal with stress, anxiety and depression. And it's not just for adults, it can help children to focus and concentrate better, become more self-aware, empathetic and better able to control their emotions.

With this in mind, we've been [fundraising](#) to provide training in mindfulness for school teachers. We're offering two free workshops (4 & 17 March), so they can take mindfulness back to the classroom, as well as a free five class yoga pass for teachers that take part, to enable them to experience the benefits for themselves. [Read More](#)

## Community Class/Self-Practice Thursday Afternoons

Attending classes and workshops is hugely beneficial and enjoyable with supportive group dynamics too. But there's also a valuable place for self-practice. It's far more about discovering your own intuition and finding your flow. A great way to practise your poses and entirely portable.

From Thursday 4 January, we are planning to open up the yurt on Thursday afternoons for a Community Class (12-1pm), taught by our trainee/graduate teachers (Suggested donation of £3-£5). And from 1-3pm for drop in self-practice (free, but donations welcome). All donations in support of our [Mindfulness in Schools project](#)). Contact [Nina](#) for further info.



We have lots of opportunities to help you start your New Year as you mean to go on, but if you need a little extra temptation to brave the elements, our special promotion should appeal - [10 Class Winter Warmer Pass Offer £85.00](#) (normally £110), available throughout January and valid for 3 months from date of purchase.

Looking forward to welcoming you to our warm and cosy yurt this January!  
New year blessings  
Nina, Claire & the team

Book a class

[info@theyogagarden.co.uk](mailto:info@theyogagarden.co.uk) | 01903 892 459

Knepp Wildland Safaris, Swallows Lane, Dial Post, Horsham, West Sussex RH13 8NN

[www.the-yoga-garden.co.uk](http://www.the-yoga-garden.co.uk)

