



Lakshmi

Reveal Your Radiance

Saturday 23rd June 2018

14:00 -17:00

With JC Rawady & Heather George
The Thames Club, Wheatsheaf Lane,
Staines, TW18 2PD

£35 Thames Club members, £40 non-members

In this workshop, JC & Heather will take you through a practice inspired by the Story of Lakshmi, the Goddess of wealth, fortune and prosperity. Through story-telling, mantra, mudra and asana practice, we will embody Lakshmi and what she represents. It is an ancient story with much wisdom within it that is still relevant to our modern way of living.

The four hands of Lakshmi represent the four goals of human life:

- dharma (righteousness);
- Kama (genuine desires);
- Artha (wealth);
- Moksha (liberation from birth & death).

The two front hands represent the activity in the physical world and the back hands indicate the spiritual activities that lead to spiritual perfections.

The Vinyasa practice will focus on hip openers, gradually moving to the heart to let go of any resistance and tension to access a higher vibrancy of being.

It is suitable for all levels who wish to deepen their personal practice, raise awareness of the principles of biomechanics and alignment. It will target the achievement of postures you may have not done before and improve the ones you are already familiar with.

To book contact:

Jean-Claude

07863 510598

info@jcyogi.com

FB page: JC Yogi

3 CPD points for teachers
registered with the
Yoga Alliance UK

