

London yoga teachers in Northumberland

# Breathe and flow

Vinyasa flow yoga workshops with leading London teacher Kate Harrell

Kate Harrell, one of London's most popular and sought-after yoga teachers, is teaching in Northumberland for the first time. Don't miss this unique opportunity to practise yoga in beautiful surroundings with this exciting teacher.

Kate will be teaching two one-day workshops in Newton (near Corbridge) on Saturday 5<sup>th</sup> and Sunday 6<sup>th</sup> September 2009.



Kate Harrell was born in New York and completed advanced teacher training in Los Angeles with internationally renowned teacher Max Strom. She teaches at London's top yoga centres including Triyoga in Soho and Primrose Hill, and The Life Centre in Notting Hill. Kate has taught workshops and at yoga retreats around the world.

Kate's style of vinyasa flow yoga synchronises breath and movement in sequences of flowing postures to find openness in the body, heart and mind, and reduce stress. She teaches with a sense of humour, an open heart and compassion. Kate offers options for all levels, making these workshops suitable for anyone – from complete beginners to experienced yogis!

**Saturday 5th September 2009, 10am-5pm / Sunday 6<sup>th</sup> September 2009, 10am-5pm.**

**Newton Community Hall, Newton, Northumberland, NE43 7UL  
(2 minutes from the A69 near Corbridge)**

**Enjoy either day separately or both together for a complete weekend of yoga!**

**Saturday - learn to breathe, learn to be free**

*Morning* - learn a true yogic way of breathing and work through some simple postures from the ground up to find a sense of lightness and peace.

*A delicious, light lunch (provided)*

*Afternoon* - use the breath to go deep into restorative and relaxing postures aimed at opening the hips and legs. You will leave the workshop feeling very relaxed and open!

**Sunday – discover a graceful, flowing yoga practice**

*Morning* – explore the yogic breath and develop your flowing yoga practice. Move through simple but challenging sequences, strengthen the body and focus the mind. Experiment with balances and seated postures.

*A delicious, light lunch (provided)*

*Afternoon* - move into deep stretches, explore some different inversions and meditation techniques to bring the body, mind and spirit together.

*At both workshops, options will be given for every level of student, including complete beginners. Experienced yogis will have the opportunity to explore more advanced postures.*

**Dates:** Saturday 5<sup>th</sup> September 2009 and Sunday 6<sup>th</sup> September 2009.

**Cost:** £40 per day including lunch and refreshments. Book both days and get a £10 discount (£70 total).

**Time:** Please arrive at 10am for refreshments and to meet Kate. Yoga will start at 10.30am. The afternoon practice will finish around 5pm.

**Lunch:** Pennine Picnics will be preparing a delicious, light lunch, with fresh food sourced from the local area. Tea, coffee and soft drinks will also be provided.

**Equipment:** Please bring your yoga mat, an ordinary pillow and any other yoga props you have. (If you are new to yoga we are happy to advise you on a suitable mat and we can order one on your behalf. Just let us know!)

**Location:** Newton Community Hall is conveniently located 2 minutes from the A69, just 3½ miles from Corbridge and 7½ miles from Hexham. Free car parking onsite is available.

**To book:** Send your name, address, telephone number and email address with a cheque for £40 or £70 (payable to Joan Grant), stating which workshop(s) you wish to attend to: **Joan Grant, The Granary, Ochrelands, Hexham, Northumberland, NE46 1SB.** You will be sent a form to be returned before the workshops.

***If you have any questions or would like more information call  
Joan Grant on 01434 603 182 or email joangrant17@sky.com***