

# Sukhita Yoga

## Effortless backbends and weightless inversions

### A compassionate approach to working with mindfulness through yoga and movement

with Hugh Poulton

Suitable for all abilities and all ages



**5 – 6 January 2019** 09.30 – 11.00, 13.00 – 14.30

**Bodhi Heart Sanctuary Hall 3**

280RM full intensive; 150RM one day (YA CPD certificate available)

Book with Sabrina Ooi (0164110381) e: [starcarrrot@yahoo.com](mailto:starcarrrot@yahoo.com)

Hugh Poulton's approach works with the subtle energies of the body. Incorporating mindfulness and Buddhist wisdom into our yoga practice gently reveals our internal limits that hinder our practice, and allows us to move forward uninhibited with flexibility, freedom and fluidity. Experience how our body is seen as a map of our mind revealing how we can work through movement to explore more deeply what takes us out of balance.

Embracing the trust and confidence that comes from this we take the striving and strain out of physical yoga practice and open the path to effortless backbends and weightless inversions. This reveals the compassionate route towards healing and balance.

This two day intensive will give you a thorough grounding in the use of the **subtle energies of the body** in creating a practice that is deeper, more open and connected without strain or risk of injury.

#### **About Hugh**

Hugh has a foundation of more than 35 years of yoga practice and teaching. Over the years he has learnt with a wide range of teachers and now teaches a unique integration of Yoga and Mindfulness called Sukhita that uses yoga postures to teach and guide the mind into deeper states of connection and awareness. He learned Mindfulness meditation from the monastic Buddhist tradition of S.E. Asia more than 35 years ago and has studied with Senior Meditation teachers from Thailand, Burma and Sri Lanka on a regular basis ever since. Today it is the teaching of Bhante Vimalaramsi that inspires and informs him and TWIM meditation is a major influence in the Sukhita approach. Hugh is an SYT with the Yoga Alliance Professionals in the UK and an E-RYT with Yoga Alliance US. He runs teacher training courses each year and a range of retreats and workshops in the UK and abroad.