

SUKHITA YOGA INTENSIVE

HOOK NORTON

9,10 and 11 November 2018 £250

Friday

14.00 – 19.00

Saturday

10.30 – 16.30

Sunday

10.30 – 16.30



The Sukhita Yoga method transforms your self-awareness towards living with inner connection, energy and love. It explores a different way of moving and listening, inviting you towards an expression of yourself that is expansive, free and open-hearted. You will discover a way of guiding movement from within, learning to part from buried burdens and to give life to what is light and joyous inside.

In this intensive you will be working with Hugh Poulton, Sarah Haden, Thomas Page and Patrissia Cuberos experimenting with voice, free form movement and dance as well as yoga and meditation. Working individually, in pairs and within group work, you will be encouraged to experience the flow of your mind in your body and the energetic power of movement towards an inner transformation of feeling happy, balanced and loved within yourself.

On Friday you are invited to bring a vegetarian or vegan dish to share for a meal together after our first session of the weekend.

About Hugh Poulton and Sarah Haden

Hugh first learned mindfulness in Thai monasteries some 35 years ago and has an equally long lived love and experience of yoga. A serious back injury inspired a radical change in practice, integrating the essence of Buddhist wisdom and the subtle yoga energetic approach. This created the basis for the dynamic healing characteristic of Sukhita Yoga. Collaborating with Sarah set in motion a new vision for blending ancient wisdom with fluid form. With her love of yoga and dance and appreciation of the healing power of the voice, they have woven together a way of moving and listening that brings joy, loving kindness and compassion into our experience of daily life.

About Thomas Page

Thomas Page is the artistic director of Thomas Page Dances, a contemporary dance company presenting work rooted in socio-political ideas, creating dialogues with audiences and collaborators through the universality of the physical language. In his collaboration with Sukhita Yoga he works with dynamic energies, sharing an approach that is both physically charged and mentally stimulating. He seeks to encourage us to find the connection of energy from internal to external movements through a series of tasks that will shift the body through space and help find our individual flow.

About Patrissia Cuberos

Patrissia has developed a unique technique to develop the most natural sound possible of our voices. Immersed in the creative and performing arts throughout her life as musician, singer, composer and writer, she has an innate sensitivity to the deeper resonances of our voices and an inspiring capacity to invite release towards freedom of self-expression. She is the director of Firebird Music, a company dedicated to promote the performance of a romantic atmospheric fusion of Latin, Gypsy, Flamenco and Classical music on a variety of instruments and of her highly regarded Songthreads choirs in Oxon.