

SUKHITA YOGA MOVEMENT INTENSIVE

HOOK NORTON

20, 21 and 22 September 2019 £250

Friday

14.30 – 19.30

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 listening and 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 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.

“Stillness in movement”

On Friday you are invited to arrive from 2pm to ease into the weekend ahead. Please bring vegetarian or vegan dishes to share for a light supper together after our first session of the weekend and for our lunches on Saturday and Sunday. If you are travelling from far, fresh and dried fruit, nuts, crackers will be very welcome.

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 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.