

# SUKHITA YOGA ONLINE MEDITATION COURSE

**21 April 2020 (8 weeks) 19.30 – 21.30 £125**



In this NEW 8 week meditation course you will learn how to grow in awareness and connection towards feeling happy, balanced and loved within yourself. In 2 hourly weekly sessions you will learn focused and practical exercises based on principles of awareness and loving-kindness. These sessions will start with a 1 hour group guided meditation as part of our weekly classes and then continue with a dedicated 1 hour of instruction and discussion. This second hour is exclusive to this course. You will be working through periods of physical stillness, movement and with the power of nature. There will be opportunities to explore the philosophy underpinning modern day presentations of Mindfulness and the contribution science has given to our rational understanding of our experiential practice.

<b>Module 1</b>	Science, Smiling and Support (the power of softening, neural plasticity and energetic support)
<b>Module 2</b>	Your Breath, Your Mind, Your Body (relating to the whole of you: how the mind flows in the body; the power of forgiveness)
<b>Module 3</b>	Stillness in Movement, Movement in Stillness (the potential in creative spaces)
<b>Module 4</b>	Relaxing and Growing in Kindness (the signposts of the body – rigidity and spaciousness)

<b>Module 5</b>	Simplifying Effort (releasing from complexity and dramas)
<b>Module 6</b>	Presence in Nature (wisdom in elemental connection)
<b>Module 7</b>	Emerging Intuition (recognizing truths)
<b>Module 8</b>	Following your Light (getting ready for the dust to settle)

## 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.

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