

EXAMPLE FRAMED POSTERS FOR MARKETED EVENTS

AIR MANDALA WORKSHOP

An uplifting journey through the element of Air



Friday 13th October.
19.00 - 21.00

Teachers: Helen Russell-Clark

Investment: £25
Early Bird £20 (Book by 1st October 2017)

This two hour playshop will target **anxiety** clients through breathwork and their focus opening. We will begin this practice with **pranayama** to calm and clear the respiratory system, before moving into a dynamic pranayama involving 360 degrees around the room. **Being Breath is Movement** as we explore poses that open up and **strengthen the respiratory system** such as **Urdhva Dhanurasana** and **Urdhva Dhanurasana**. We will also explore the connection with some classical pranayama techniques and the deeper to understand and how they relate to the **respiratory system** of the human body.

Respiratory can be affected by a wide range of health. So after yourself and the breath, a little vulnerability and come and discover the **respiratory** breathing aspects of this beautiful practice.

BOOK ONLINE OR AT RECEPTION
www.lightcentremonument.co.uk 020 7283 2846

DEMYSTIFYING THE HANDSTAND

Go through the theory and practice of standing on your hands.



Teacher:
Guillermo Justel

Friday 26th January
19.00 - 21.00

£30

In this workshop, we will:


- explore the concept of **the floor**
- go through **open and alignment** conditioning sets
- **invest** client conditioning exercises set and off the wall to **maximise their efficiency** and enhance the **total health and fitness**
- **kick** up to a handstand, **pressing up** to handstand progression, **catching** out of a handstand, **preparing** spotting techniques.

18. This workshop will have a maximum of 12 participants so that everyone can receive individualised advice. **Advance booking is essential.**

BOOK ONLINE OR AT RECEPTION
www.lightcentrebelgravia.co.uk 020 7881 0728

GONG BATH AND SOUND JOURNEY

Sound Journey - Relaxation Session with LaSpirale



We would like to invite you to take a unique journey between sound and silence.

Sat 18th November
18.00 - 19.30

Teachers: LaSpirale

Investment: £20

Join us for an incredible 90 minutes of **deep relaxation** filled with the sounds of **Tibetan singing bowls and gongs** and other instruments. And to allow, close your eyes and breathe slowly. Let the sound take you to the place that you **explore, fly low, stretch and blend** peace. Let your worries go, release tensions and stress in a safe and comfortable space.

Sound relaxation is a powerful tool that supports **deactivating their nervous system, peace, productivity and creativity** in daily life. In case of physical, emotional or psychological issues, sound relaxation can also help **relieve the pain** and reduce the level of stress, **worries or anxiety** associated to a hectic world.

All you need to bring is **water and comfortable clothes.**

BOOK ONLINE OR AT RECEPTION
www.lightcentrebelgravia.co.uk 020 7881 0728

BREATH FOR LIFE

4 WORKSHOPS FOR WELLBEING

Accessible breath and yoga nidra based workshops that combine ancient insights with the latest scientific research that help you feel better



With BEN WOLFF

Saturday 10th & Sunday 11th Feb. At Light Centre Monument.
£45 each, or £170 to attend all four.

How To... Help and Heal Yourself
Saturday 10th February
10am - 1pm
Leave with the 3 books you'll need to say "Yes, I do feel better!" and mean it.

How To... Realise Your Superpowers
Sunday 11th February
10am - 1pm
Superpowers. You've got 'em. They're powerful stuff. Do you know what yours are? Find out how to find out.

How To... Have A Wonderful Life
Saturday 10th February
2pm - 5pm
Transform your inner game with teachings from the latest neuroscience, complemented by gentle teachings.

How To... Know Higher Worlds
Sunday 11th February
2pm - 5pm
Savvy answers! They're found in the only place we haven't looked yet... Inside.

BOOK AT lightcentre.com/events-calendar
OR CONTACT ben@brothforlife.co.uk