



INDEPENDENT YOGA NETWORK REGIONAL DAY

SATURDAY 11TH JUNE, 9:30am - 6:30pm

£35 IYN Members, £40 Non-members

**Lytham Assembly Rooms, Dicconson Terrace, Lytham, Lancashire,
FY8 5JY**

The IYN is a network of independent Yoga teachers and Teacher Training Schools dedicated to the preservation of the spirit and practice of Yoga as a deep and genuine inner enquiry with many formal possibilities. Formed in 2004 with the origin intention of challenging the many forces threatening to undermine the spirit and diversity of Yoga, the IYN has grown into a multifaceted resource for the Yoga community at large. We are delighted to share our first Lancashire Regional Yoga Day and do hope you can join us.

Contact The IYN: www.independentyoganetwork.org

**IYN YOGA FESTIVAL 2017: 1st - 4th June 2017, West Lexham,
www.yogafestival.org.uk**

About The Teachers

Granville Cousins



Granville teaches Yoga Classes and Workshops in the Manchester area of the UK. He has practiced yoga for over 40 years and studied with Yogacara Mr. B.K.S. Iyengar at the Ramamani Institute in Pune, India, and the late Derek Ireland at The Practice Place in Crete. He teaches yogAsana and Ashtanga Vinyasa Yoga Classes also on a private basis in Manchester and the Rochdale areas. Amongst his clients are sports oriented individuals and groups from the fields of Football, Tennis, Cricket, Golf etc. He also leads Yoga Holidays and Workshops in such countries as Ireland, Turkey, Portugal, Tobago, Jamaica, Sri Lanka and the Middle East, in fact wherever he is invited.

Contact Granville: www.yogawithgranville.com

**BOOKING ESSENTIAL, Please follow the link to book and pay or contact
Jayne Morrissey, 07920 484806 with any questions:
<http://iynyogadays.org/index.php/lytham/>**



Debbie Farrar

Introduced to yoga by her mother in the 1970s; Debbie has enjoyed a daily practice for over 35 years. Debbie began teaching yoga in 1999 & left her job as a secondary school science teacher to immerse herself in yoga in 2007.

In 2012 Debbie & her apprentice Ross, developed **Feel Now Yoga**, promoting a sensitive, sensible & somatic approach to asana based on logical & scientific principles, whilst honouring the Yoga Sutras.



Combining her science training with the art of Feeling Now, Debbie founded **Sensible Yoga School** in 2014 & is currently facilitating 2 Yoga Teacher Training Courses as an IYN Yoga Elder. Debbie delivers yoga seminars, meditation groups, women's groups & therapeutic private yoga tuition (at PR6 7LJ) which accesses yoga's healing potential through the practice of noticing homeostasis, she is especially interested in joint rehab, the profoundly disabled & Self Enquiry. Debbie's private classes at Whittle-le-Woods village hall, near Chorley, PR6 7LN, are mixed ability & suitable for all. Delivering "**Sensible Yoga for Sensitive Individuals**", she prefers inclusivity over exclusivity & offers a safe, accessible & supportive framework which each individual can use to facilitate their own exploration of self. Debbie's next **Sensible Yoga Teacher Training Courses** will be starting in 2017 in Lancashire & France.

Contact Debbie: helpme@feelnowyoga.com

Jim Gough-Olaya



Jim Gough-Olaya is a founder member and current treasurer of the IYN. Jim has taught yoga for over three decades and has a wide experience of teaching yoga in prisons and to the terminally ill, as well as training teachers in an apprenticeship system.

Contact Jim: <http://www.independentyoganetwork.org/teachers/listing/227-jim-gough-olaya>

Jayne Morrisey

Jayne Morrisey is an IYN Yoga Elder and has been teaching yoga and working as an energy healer for over 12 years. She has studied with the British Wheel of Yoga, British School of Yoga and Dru Yoga as well as gaining a PGCE specializing in yoga whilst delivering yoga courses for Blackpool & The Fylde College. As her personal experience of yoga and healing has grown, her teaching style has developed into facilitating a space for connection, breath and release using classical hatha yoga postures, vinyasa flow, relaxation and meditation. Jayne loves working with sound: voice,



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singing bowls, mantra & chanting - both traditional and self expression, and brings this into her teachings.

Contact Jayne: www.jaynemorrisey.co.uk, 07920 484806

Angela Ross

Angela Ross is an IYN registered yoga teacher running classes in Blackpool and the Fylde. Angela trained with Yogacampus in 2013 and has been successfully teaching group classes, one to ones and events in Blackpool. Angela says "I have been practicing yoga for over ten years and have been fortunate to have learnt from many wonderful teachers in different styles and traditions. I teach and practice an eclectic mix of yoga, drawing from my personal experiences and training. I am passionate about yoga and it's benefits, I love teaching and sharing my knowledge and experience. I believe yoga has something to offer everyone, its benefits go far beyond a flexible body"



Contact Angela at Yoga Blackpool,
www.yogablackpool.com, yogablackpool@gmail.com

www.facebook.com/yogablackpool, 07990 712 478

<i>Timetable</i>	
9:30am	Doors open
10am	Opening gathering

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<p>10:30am - 12:30pm</p>	<p>Movement, Mantra & Meditation with Jayne Morrisey This session will start with supine, seated and standing yoga asana to connect with the breath and open the body, followed by pranayama and delicious chanting, finishing with a short heart meditation and long relaxation.</p>	<p>Introducing The Practice of YogAsana Flow Sequence with Granville Cousins Using Surya Namaskar as the pivotal sequence, blending into a standing sequence of asanas. Attention to detail will be emphasised and also the harmonising of the movements with breath. Then moving into the standing series of yoga asana with full explanation and demonstration of how to step safely and correctly, and the points to be aware of the sequence builds up. Variations will be given so that all asanas may be attempted by everyone with given modifications. The practice will be concluded with inverted postures and a short meditation.</p>
<p>12:30 - 2pm</p>	<p>Lunch</p>	

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<p>2 - 4pm</p>	<p>Pratyahara to Samadhi with Jim Gough-Olaya A talk expanding on a poem inspired by a Ram Dass / Thich Nhat Nhan talk:</p> <p>From Pratyhara you are alone Samadhi you are not at the point it is exists a joy ananda is explodes within destroys all you, me breathe</p> <p>A Homage to the first step of the journey that does not exist</p> <p>Zen talks a flower that is not</p>	<p>How Yoga Heals with Debbie Farrar Often we find ourselves in competition with others as the culture around us seems geared to drive us to do more & more, faster & faster. Sometimes this ethos unintentionally spills over into our yoga posture practice.</p> <p>Hardly surprising, since asana is often presented as control of the body, pranayama as control of the breath & meditation as control of the mind. Yoga heals by deepening our awareness of homeostasis, to reveal & liberate the inherent intelligence & integrity of body, breath & mind.</p> <p>By honouring & releasing, rather than controlling or imposing, our deepest nature reveals itself & eases into an intimate, nourishing & deeply rewarding relationship with self & life.</p> <p>(Asana , Satsang & Meditation)</p>
<p>4:30 - 6pm</p>	<p>Hatha Vinyasa Yoga with Angela Ross Angela will guide you through a series of poses that will move you slowly through the power of inhaling and exhaling. Focusing on the power of breathing and flowing movement together can make movement, meditation and breath a seamless practice. Sequences will include sun salutations, standing poses, seated poses, balances, supported poses, pranayama (breathing exercises) and relaxation.</p>	<p>Ask The Teacher! An informal session where you can ask the IYN teachers for their insights on the practice of yoga and discuss any questions you may have.</p>
<p>6 - 6:30pm</p>	<p>Closing gathering</p>	

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