

**In the Moment (Second Floor)
72 Berkeley Street Glasgow G3 7DS
15 and 16 September 2018 (10.00 – 17.00)**

Practising yama & niyama



Far beyond being a set of rules, the yama and niyama are gems of wisdom about Self-realisation. The yama give us a beautiful lesson in social skills: you will best support the global network by putting your Self first and taking responsibility for your own issues and shortcomings. The niyama invite us to fully own and honour the magnificence of our Being and let our Self shine through. Together they offer a new model for living in society. In their fascinating interplay, in their ever-changing movements endlessly mirroring one another, we will discover the delight of dwelling in the Self and navigating the world from there.

A unique experiential workshop for yoga teachers and practitioners. Beginners are welcome. We will explore the dynamics of the yama and niyama using simple âsana, prânâyâma, dhyâna and sounds, which will help us clarify complex situations and highlight the actual energetic movements in our practice of yoga on the mat and beyond.



Sylviane Gianina is a Viniyoga teacher trainer (in the tradition of T. Krishnamacarya and TKV Desikachar) with considerable international experience. Based in France, she facilitates a Self-revealing transformation for individuals and groups across Europe. Her talent is to bring the highest levels of consciousness into the body. sylvianegianina.com

**One day: £50
Both days: £90**

Booking: j.charnley@phonecoop.coop