



CPD



Date	-	Saturday 30th November 2019
Trainer	-	Aston Colley
Venue	-	Bishampton Village Hall , Nr Pershore WR10 2LY ( junction 6 M5)

### Mindfulness Teachers – Mindfulness Yoga Workshop

Aston Colley HPD, BWY Yoga Dip, is running a CPD event – Mindfulness Yoga Workshop. A development day for all mindfulness and yoga practitioners, exploring mindfulness of breath and body movement. The day, a mix of theory and practice, specific guidance and choreographed practice to teach, with a script to teach from. A look at modifications and an opportunity to practice with others on the course. The day aims to provide mindfulness practitioners with tools to further their own practice. It is hoped that by gaining a deeper insight into the process of self-enquiry through gentle movement and meditation participants will, after practice, be able to impart/teach some of these insights to their students.

The fee is £130 for students and graduates of CEC and £160 for others. Attendees are requested to wear loose fitting clothing and bring their own yoga mat + blanket. Aston's workshops are best suited to mindfulness students with some Yoga/exercise/movement experience.

If you are unsure of your suitability don't hesitate to contact Aston on (01386 870893, [aston@unwind.uk.com](mailto:aston@unwind.uk.com)) as he will be happy to advise.

[Book and pay by phone on 01214441110](tel:01214441110) or email [info@mindfulnessnow.org.uk](mailto:info@mindfulnessnow.org.uk)