

YOGA/BODY FOCUSED THERAPY

Available by arrangement. For anyone wishing to explore, understand and seek to resolve personal issues and concerns.

Particularly suitable for those experiencing somatic symptoms of emotional distress, physiological difficulties and ill-health.

Phone Lina to discuss.

FURTHER INFORMATION

Brochures and application forms for courses, classes and groups can be requested by e-mail (yoga@praxis-ppd.com) or by phone to Richard Broadley (PSY Administrator) on 0115 969 3396.

Should you wish to discuss the suitability of any of this programme for you, or to enquire about 1-to-1 tuition or therapy, please contact Lina on 0115 847 1758.

Brochures and forms are normally transmitted by email, to save time, trees and postage. If this isn't appropriate or suitable for you, we're happy to use snail-mail!

ABOUT LINA MOOKERJEE – BEng (Hons), DMS, BWY. Dip, FCT, DCT

Lina Mookerjee gained her BWY Teaching Diploma in 2002 and her DCT licence in 2005. Brought up in a Hindu Brahmin family, she is able to bring to her teaching a depth and richness of Yoga experience and understanding which only such a cultural and philosophical heritage can provide. Lina integrates her learning from a Western humanistic perspective with her understanding of an Eastern belief system that has underpinned a Yogic approach to everyday living.

Her professional interests are many and varied; the Chakric energetic system and related concepts and applications (including the use of sound as a means of energy re-alignment and balancing) have fascinated Lina for many years; the somatic effects of psychological trauma have led her to undertake training in integrative bodywork therapy, which she practises with individual clients

Praxis School of Yoga and Praxis Therapy are the two divisions of PRAXIS-PPD, a registered partnership owned by Lina Mookerjee and Richard Broadley. We are organisational members of the British Holistic Medical Association.



Praxis School of Yoga

16 Villa Road, Nottingham. NG3 4GG

0115 847 1758 or 0115 969 3396 yoga@praxis-ppd.com

FORTHCOMING COURSES AND EVENTS: 2009-10

SUMMER YOGA RETREAT - 8 and 9 August '09

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BWY FOUNDATION COURSE - Level 1

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BWY TEACHER TRAINING DIPLOMA

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PRAXIS EXTENSION STUDIES PROGRAMME -

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**NOT FORGETTING OUR
CONSTANT AND REGULAR PROVISION OF**

**Weekly Yoga Classes
Monthly Meditation Group
Individual Tuition
Yoga/Body Focused Therapy**

SUMMER YOGA RETREAT - 8 and 9 August '09

A whole weekend to engage with your whole self; a chance to be open to receiving nourishment; to regain a sense of inner balance and well-being.

Through a combination of asana and breath work, meditation and visualisation, using sound and toning practice, discussion and group participation, this will be a truly restorative (and hopefully indulgent) experience.

Course brochure and application form available on request.

BWY FOUNDATION COURSE - LEVEL 1

2009: October 24/25, December 5/6;

2010: January 23/24, February 27, March, 27 April 24/25

This will be the 6th Foundation Course to be delivered by Praxis.

The course is an excellent opportunity to enhance your personal development, extend your Yoga practice and deepen your understanding of theory and philosophy. This course is suitable for those who wish to consider/prepare for training to become a Yoga Teacher, and for those who are committed to furthering their knowledge and application of Yoga on a personal level.

For a course brochure and application form, or simply to discuss this course's suitability for you, please contact Lina directly

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Are You Interested In A Career Change? Or Wanting To Broaden Your Current Employment Repertoire? Have You Considered Studying For The ..

BWY YOGA TEACHER TRAINING DIPLOMA COURSE

Here at the Praxis School of Yoga, we believe that Yoga Teachers should not teach Yoga - i.e. asanas or techniques to a pre-defined level of 'excellence', rather they should teach students to experience Yoga; to explore its effects and influences on their own sense of well being; to appreciate change and personal growth.

Starting in June 2010 and completing in December 2012

Applicants should have completed a BWY Foundation Course (or to have a substantial equivalent history of yoga studies) and to be motivated to undertake a long, stimulating and challenging course. Brochure and Application Form available on request.

PRAXIS EXTENSION STUDIES PROGRAMME

Designed for personally committed students of Yoga who have completed a BWY Foundation Course (or similar) and wish to continue their studies beyond the limits of weekly classes. A series of courses is being developed, varying in length from 30 to 60 hours, on a range of subjects related to aspects of Yoga.

All extension courses will contribute towards a dual purpose; to extend your knowledge and understanding of Yoga, and to extend your awareness and development of yourself. The achieving of insight (the seeking of enlightenment) has always been the underpinning of the Yogic path from time immemorial.

The first of these courses is planned to start in May 2010 and brochures and application forms will be available in September '09.

WEEKLY YOGA CLASSES

There are 3 ongoing groups, currently running on:
Tuesdays 7.30 to 9pm; Wednesdays 10.15 to 11.45am and 7.30 to 9pm.

Booking forms available on request.

MONTHLY MEDITATION GROUP

Currently 4-weekly, Sundays 4.30 to 6.30pm. Additional dates and times may be arranged if interest grows. Ask for details.

INDIVIDUAL TUITION

Available by arrangement. For anyone seeking a more in-depth learning experience. Also suitable for trainee teachers wishing to increase their understanding of specific issues, practices, techniques and/or syllabus requirements. Phone Lina to discuss.

