

## DONNA SOUTHWELL VISIT



I recently went to a retreat run by Donna and was inspired by her. Donna has practiced Ashtanga yoga for many years and travelled to Mysore on numerous occasions, she has received level 2 authorisation to teach both the Primary & Intermediate Series. This is what Donna says about herself

‘I have come from a very traditional background and been taught in the traditional level but want to make sure that ashtanga is accessible to everyone whatever their stage of life, everybody has different needs and goals and these change as we get older. Ashtanga should be there to support students at all these different points. My aim is to help people gain a deeper understanding of the practice and through that a deeper understanding of themselves and find a way for the practice to work for them so that this becomes a practice for life.’

Read more about Donna here

<https://www.donnasouthwell.yoga>

I am so excited that Donna will be visiting us in the North East on Friday 1<sup>st</sup> and Saturday 2<sup>nd</sup> July. We have a Friday night workshop and then a Saturday Mysore and Saturday Led Class

### Friday 6-8.30pm

On Friday evening Donna will share with us her knowledge and experience of Ashtanga, she will include some breathing practices, chanting, asana and techniques to help us with our practice and end with a guided relaxation.

### Saturday 9.15-11.15am

Join Donna for a Mysore Class, the traditional way to learn Ashtanga. Get the individual help you need within a group class setting. This is suitable for anyone who has a basic knowledge of the Ashtanga Primary Series Practice, you do not need to know it all. Donna will guide and help you where you need it. If you would like more information or unsure if this session is suitable for you please contact me.

Saturday 11.45am-2.15pm

Donna will lead you through a full Primary Series Practice and relaxation. If you have a regular practice but are not confident of the whole series this is the opportunity to try the full practice. Donna will of course offer modifications to make the practice work for you.

There will be tea/coffee and end of practice treats at all sessions

You will see 3 different bookings options on the Friday:

For Friday class only book *1. Friday Workshop*

For Friday & Saturday Mysore book *2. Friday Workshop & Mysore*

For Friday & Saturday Led book *3. Friday Workshop & Led*

The Mysore only and Led only are listed on Saturday