

Early Morning Intensive and Weekend Workshop with Lucy 5th – 9th March 2012

Early Morning Intensive

Date: Monday – Thursday: 5th – 8th March 2012
Time: 7:00am – 9:00am
Location: DMC Studio
Cost: AED 100.00 per Session
AED 350.00 for the whole four (4) day Sessions

An opportunity to refresh and inspire your Yoga, with 4 days of guided morning practice. Using *asana*, *pranayama*, and meditation, to awaken the light inside ourselves, and then to share it through all we do for the rest of the day.

Participation in all 4 days very much encouraged, as we will be building on what came before. However, drop-ins still welcome.

Weekend Workshop

Date: Friday 9th March 2012
Time: 12:15pm – 2:15pm
Location: DMC Studio
Cost: AED 250.00

A complete practice of *asana*, *pranayama*, and meditation, to open the body, steady the mind, and soften the heart. Lucy will lead a creative and fluid *vinyasa* sequence, emphasising mindfulness through joyful embodiment. Through the body we touch that which is beyond it, coming home to a place of presence and deep rest inside ourselves.

Time: 3:00pm – 5:00pm
Location: DMC Studio
Cost: AED 200.00
AED 350.00 – Full Day Session

Here we'll take a collective dive into the heart of Yoga, seeing its potential to change not only our inner landscape and our most intimate relationships, but as an outward flow of respect for, and service to all of life. Peace without starts with peace within, and Yoga is the method of realising this. This will be lively, interactive, and provocative, giving practical guidance for a life of greater peace, freedom, love and joy, for all beings.



Lucy's Bio



Lucy is a senior teacher on Yoga Arts internationally-accredited Teacher Trainings, as well as leading classes, workshops, and retreats.

Her teaching and practice attends to body, mind and heart, combining the physical practices of *Hatha Yoga*, with the wisdom and insight of *Jnana Yoga*, philosophy, and meditation, in the spirit of *Bhakti* - the Yoga of Love and devotional self-surrender.

Lucy's style is fluid, feminine, intuitive, and creative - inspired by her love of dance and free-style movement; craniosacral bodywork; soulful music; silence; and authentic self-inquiry. She is a passionate communicator who delights in inspiring a deeper dive into Yoga, life and love.

Born in Australia, based in South India, Lucy teaches in Bali, Japan, India, Australia and the Middle East. She has been practicing for 16 years and teaching for 12.