



**The Yoga Space**

# John Scott Weekend

10<sup>th</sup> – 12<sup>th</sup> September 2010

## The Yoga of Focus

This weekend workshop will reflect on the teachings of Shri K Pattabhi Jois. John will share from his own personal practice experience, insights gained from many years of practice and contemplating Gururji's true meaning. Through this intense weekend workshop the group will explore the eight limbs of Ashtanga, and learn techniques to control the body, the breath, and the senses.

### **Synchronicity I – 'Free Breathing'**

Fri 10<sup>th</sup> Sept 7.30 - 9.30pm

To begin this workshop John will bring the group together in synchronicity through the *vinyasa* technique. Through the free flowing power of *ujjayi* breathing, the group will find themselves flying as one breath, one body, one mind and one consciousness.

### **Tristana I - 'Posture, Free Breathing and Looking Place'** Sat 11<sup>th</sup> Sept 10.00am - 12.30pm

This class will start with a brief 1% theory session looking *into mula bandha, uddiyana bandha, jalandhara bandha, ujjayi, and dristi*, followed by a 99% asana practice session to integrate personal insights.

### **Tristana II – 'Gross, Subtle, Very Subtle'**

Sat 11<sup>th</sup> Sept 2.45pm - 5.15pm

Following on from the morning asana practice session, this class will take the physical experience gained into exploring the depths of cause and effect, discovering how correct posture sets the conditions for *pranayama* and *pratyahara*.

### **Synchronicity II – 'Practice, Practice, Practice'**

Sun 12<sup>th</sup> Sept 8.30am - 11.00am

Returning to the practice mat, revising, and putting theory into a practice, "believing is seeing", seeing how *vinyasa* can transform asana into a dynamic flowing meditation (Note: Depending on the level of the group, John may take the group into the Second Series).

### **Ekatatva – 'Keeping the Mind in One Place'**

Sun 12<sup>th</sup> Sept 12.30 - 3.00pm

To close this workshop John will review the ground covered in the previous classes, and prepare the seat of meditation. John will then guide the group through *pranayama* unblocking the flow of the inner winds, *pratyahara* bringing the senses into focus to flow with the *prana*, and *dharana*, bringing the groups yogic concentration to flow in one field, and into the present moment.

**Cost:** \$250 - no partial bookings. Deposit \$50 (non-refundable) contact: [rodwatson1@gmail.com](mailto:rodwatson1@gmail.com)

Some experience of ashtanga vinyasa yoga required.

## John Scott



In 1987 John was traveling away from his birth place of New Zealand, searching for a change in life. While working in Greece, John met his first Ashtanga Yoga teacher, Derek Ireland. This meeting marked the beginning of a whole new journey and search for John. Under direction from Derek, John then traveled to India to study with the Guru of Ashtanga Yoga, Shri K Pattabhi Jois (Guruji). John then became a direct student of Guruji and continued studies with him until his passing in May 2009. John has only had these two teachers, Derek and Guruji, and therefore his focus has been uninterrupted for over 20 years. This focus, has guided John through many years of personal practice, the setting up of morning self-practice classes in London, International workshops and retreat centres with his wife Lucy Scott. John has also published a book and DVD on the Ashtanga Primary Series. John is renowned worldwide as one of the world's leading teachers of Ashtanga Yoga. John imbues his classes with metaphor, spontaneity, energy, theory, and a touch of humour.