

THE BLISS BROTHERS

Wednesday September 12th 2012

The Centre of the Heart Tour

9:30am - 11:30am - Take a Chance

Join in this morning for a practice of aligning and refining your inner and outer body. We will explore the passage to the back body and the deep awareness that backbends and arm balances offer our inner and outer awareness. The back body teaches us faith, faith to go into the unknown, to those places we cannot see but can feel and explore.

This mornings practice will be filled with trying new things and enjoying the beautiful feeling from laughter.

6:30pm - 8:30pm - Mystical Magical Heart

Tonight is the night. The night to explore the front body, the place we can see, what is comfortable and offers clarity.

Of course this clarity is only available once we have "taken that chance" and walked through to realize the unknown was exciting and filled with special energy.

We will practice opening the hips, folding forward, turning inside and then twisting to clean our bodies and our souls.

Peter Goodman

Certified Anusara® yoga teacher

Peter has a playful spirit and loves to share this path of delight through his teaching of Anusara yoga. He has been practicing yoga for 17 years (Iyengar and other great traditions) and has had the great honor and pleasure of travelling worldwide to study with many of Anusara's finest teachers over the past 11 years. He is passionate and sincere in offering students a place to journey to, a place filled with stability, freedom and integrity in alignment yet never without the joy, which is the highest teaching life offers! Concurrently he has served as a guide and mentor to many along the way seeking his life earned wisdom and support as they go through major life changes.

Michael Ryan

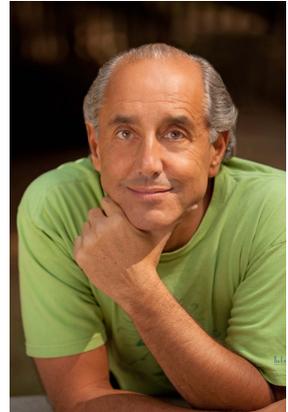
Certified Anusara® Inspired yoga teacher

Trained in yoga, holistic health and healing. His teaching style draws from a wide experience of Hatha yoga, meditation and philosophy. Michaels' skill lies in his heartfelt articulation of the spiritual dimension of the practice of yoga while staying grounded in safe and harmonious alignment. His teachings speak to the soul and journeys into the many different layers of the self. Michael is mindful of each individual's need to find balance in their practice and recognizes that the practice is Puja; a manifest offering of our highest intentions. He sensitively guides and encourages each student to explore and open to their fullest potential. Michael was awarded 'Best Yoga Teacher' in Dublin 2012 by Hot Press Magazine.

Price

£28 for one class / £50 for both

NirvanaYogaStudio



**Peter
Goodman**



**Michael
Ryan**



Nirvana Yoga Studio, 35 Old Park Road, Loughinisland, Downpatrick, BT30 8PS

t: 077 987 41794