

A Day Exploring the Wisdom of Patanjali

Yoga is so much more than the physical postures. Join me for a special workshop day exploring the deeper roots, philosophy and purpose of yoga.

Together, we'll discover the teachings of Patanjali and the Yoga Sutras, exploring the foundations of yoga and the timeless wisdom that continues to guide practitioners today.

✨ We'll explore:

Who was Patanjali and his place in the history of yoga
The Yoga Sutras and their relevance to modern life
The Eight Limbs of Yoga — a pathway for living with greater awareness, balance and connection
How yoga extends beyond the mat into our thoughts, actions, relationships and everyday lives
Practical ways to bring these teachings into your own yoga practice

Whether you're a regular yoga practitioner or simply curious to understand yoga on a deeper level, this workshop offers space to learn, reflect and explore.

🧘 Come and discover the yoga beyond the postures.

23rd January 2027 10am-4pm
£95
No previous knowledge of yoga philosophy required — just an open mind and a willingness to explore.