



Why not treat your loved ones to a class or two
in 2022.

Or indulge them in one of our Omazing
workshops.

There is something available for EveryBody.

**Introducing two Omlicious workshops for
Spring 2022**



Get to know the shoulder better!

With Lesley Dike, Physio and Yoga Teacher

Do you know your glenoid fossa from your spine of
scapula? Pectoralis minor from subscapularis?

The shoulder area is complex and deserves in-depth study over time.

Shoulder problems can be difficult to understand and hard to remedy.

We will explore the basic anatomy of the shoulder, leading into some movement analysis. Together we will look at what often goes wrong.

Common shoulder problems such as frozen shoulder and rotator cuff tendinitis will be covered.

We will also focus on the shoulder in asana, working together on ideas to modify poses and ideas to help, protect and maintain shoulder health.

Les qualified as a yoga teacher with the British Wheel of yoga in 1981. She takes a very functional approach to teaching, weaving her physiotherapy knowledge into yoga asana. Her style is honest, refreshing and entertaining.

Her enthusiasm for anatomy is infectious... who knew anatomy could be so much fun?

Sunday 10 April 2022



Yoga Workshop with Swami Krishnapremananda

The *Vigyana Bhairava Tantra* (VBT), a classical text from the Kashmir Shaivism tradition, contains a timeless resource of 112 different yoga and meditation practices that are as relevant to our lives now as ever.

The practices offer us practical and accessible means of going deeper in our self-understanding even amid the busy and scattered world in which we live.

It will be a day of exploration within our beautiful Om Yoga Works studio, sharing practices which you can then continue at home.

Open to all who wish to deepen their self-understanding and practice of yoga in daily life.

Swami Krishnapremananda has been living, practising, serving and teaching in the Mandala Yoga Ashram since 1997.

He regularly teaches both within and locally to the ashram and further afield on many aspects of yoga, for example, Mudra, Bandha, Chakras, Koshas, Meditation, Pranayama and the yogic texts such as the *Bhagavad Gita* and *Vigyana Bhairava Tantra*.

Sunday 20 March 2022



Om Yoga Works vouchers are available to be spent on classes, in our lovely Om shop and on workshops.

Dates for your Diary

December:

01 Wednesday - Midweek Keep Om Running

12 Sunday - Keep Om Running - Sunday Run

12 Sunday - Finding Freedom in Movement a journey to explore your body through SRT with Ro or Sophie

12 Sunday - Mandala flow with Andrea

15 Wednesday - Midweek Keep Om Running

19 Sunday - Gong Relaxation Sound Bath with Craig

19 Sunday - Solstice Celebration with Bridget

January:

02 Sunday - Keep Om Running - Sunday Run

09 Sunday - Finding Freedom in Movement a journey to
explore your body through SRT with Ro or Sophie

12 Wednesday - Midweek Keep Om Running

23 Sunday - Keep Om Running - Sunday Run

23 Sunday - Gong Relaxation Sound Bath with Craig

**Lokah Samasta Sukhino Bhavantu - May all
beings be happy and free.**

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Om Yoga Works

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