

# ॐ INTERNATIONAL YOGA DAY ॐ



**Sunday 21st June 2015, 12-6pm  
- Stockbridge Town Hall -**

June 21 was declared as the International Day of Yoga by the United Nations General Assembly on December 11, 2014.

We are excited to announce a joyous event with local teachers to celebrate YOGA with different styles of Yoga classes and taster sessions including Thai yoga massage, Mindfulness and many more. Whether you are a yoga teacher, yoga practitioner or new to yoga and curious... come along and try out one class or stay for the whole event and enjoy several sessions hosted by an experienced group of teachers. It will be fun, relaxed and friendly.

Everyone is welcome... men and women of all levels of yoga.

The event will take place in the fabulous Stockbridge Town Hall, just a few miles outside of Winchester. Stockbridge, a former market town in Hampshire's Test Valley, has a wide and attractive High Street, free parking with lots of shops and cafe's. This draws in many who come to enjoy a walk, a snack and a browse among the shops.

All proceeds from this event will be donated to the Nepal Earthquake Appeal.

*International Yoga Day – 21 June 2015*

## DETAILS

**DATE:** Sunday 21st June 2015

**TIMING:** 12-6pm

**VENUE:** Stockbridge Town Hall, High Street, Stockbridge, SO20 6HE ([www.stockbridgetownhall.co.uk](http://www.stockbridgetownhall.co.uk))

**COST:** £10 paid up front. This will entitle you to attend unlimited classes. All proceeds will be donated to the Nepal Earthquake Appeal

**CLASS BOOKING:** Classes are offered on a first come first served basis. To pre-book a class and guarantee a place, contact [jo@jowheeleryoga.com](mailto:jo@jowheeleryoga.com)

**CONTACT:** Jo Wheeler [jo@jowheeleryoga.com](mailto:jo@jowheeleryoga.com) or Amanda Ridgley [amanda@fertiliza.co.uk](mailto:amanda@fertiliza.co.uk)

## THE DAYS SCHEDULE

<b>HURFORD HALL (UPSTAIRS)</b>					
<b>12-12.45</b>	<b>1.00-1.45</b>	<b>2.00-2.45</b>	<b>3.00-3.45</b>	<b>4.00-4.45</b>	<b>5.00-5.30</b>
<b>FLUID FLOW</b> Jo Wheeler	<b>YIN &amp; YANG</b> Laura Fisher	<b>HATHA FLOW</b> Lorna Chapman	<b>YOUR VINYASA</b> Jake White	<b>POWER YOGA</b> Lisa Maarit Lischak	<b>ARM BALANCING FUN</b> Lisa Maarit Lischak

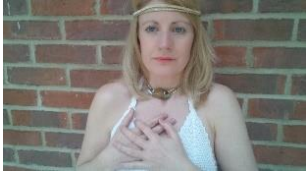
<b>BARHAM ROOM (DOWNSTAIRS)</b>					
<b>12.00-12.45</b>	<b>1.00-1.45</b>	<b>2.00-2.30</b>	<b>2.45-3.30</b>	<b>3.45-4.30</b>	<b>4.45-5.00</b>
<b>RESTORATIVE HATHA</b> Rachel Bean	<b>MINDFULNESS</b> Amanda Ridgley	<b>THAI YOGA MASSAGE</b> Amanda Ridgley	<b>PARTNER YOGA</b> Laura Fisher	<b>DYNAMIC FLOW</b> (exploring softness within strength) Lucie Brow	<b>BREAKING DOWN A HANDSTAND</b> Jake White

# THE TEACHERS

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## Amanda Ridgley

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Amanda is passionate about mind-body wellbeing. As a senior Yoga Teacher/Therapist & Mindfulness teacher she offers spiritually influenced therapeutic yoga classes & yoga therapy one to ones for conditions and injuries at her home studio. Amanda also offers Mindfulness courses in Stress and Pain & Mindfulness. She is also a trained Thai Yoga Masseuse focussing on deep tissue massage to release energy blockages, tension and stiff joints.

[www.fertiliza.co.uk](http://www.fertiliza.co.uk)

## Jake White

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Jake first discovered yoga while he was working as a Graphic Designer in South London. Having a background in Slacklining and Rock Climbing, he was immediately drawn to the physically demanding aspects of the practice. Not long after establishing a regular asana practice he began to recognise its potential for healing and self-discovery, which led to train as a teacher. Jake currently teaches Yoga Flow and Yoga Relax and feels fortunate to share his passion for yoga with others through his teaching.

[www.jakepaulwhite.com](http://www.jakepaulwhite.com)

## Jo Wheeler

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Jo's fun and motivational yoga Vinyasa classes are a unique blend of several innovative styles of yoga geared to all abilities from beginners to the advanced practitioner. Inspired classes are a fluid flowing style of yoga, harmonising breath and movement designed to increase strength, stamina and flexibility in the muscles with a focus on core stability and well-being. Jo's motto.... Flow, breath, smile and have fun on and off the yoga mat.... It's all about you!

[www.jowheelryoga.com](http://www.jowheelryoga.com)

## Laura Fisher

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Laura was first introduced to yoga in 2001 and was so inspired that she has kept a dedicated yoga practise ever since. This yoga practice has been complimented by her desire to deepen her knowledge through readings of ancient yogic texts and this love of knowledge shines through her teaching; ever eager to share the gift of yoga with her students. Laura's teaches a mix of yoga styles (Ashtanga, Restorative, Vinyasa, Hatha and Iyengar) adapting classes to make sure that the blessing of yoga is accessible to all.

[www.laurafisheryoga.co.uk](http://www.laurafisheryoga.co.uk)

## Lisa Maarit Lischak

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Lisa is a teacher of power Vinyasa yoga and a life-long student of the Ashtanga system and yogic philosophy. She has taught extensively in London and Northampton prior to her recent relocation to Stockbridge. Lisa stumbled on yoga in a gym years ago and quickly found it provided the antidote to a stressful city lawyer job, offering the unique combination of mental respite and physical challenge. It is through her teaching of a breath focused, strong - yet kind - practice that she seeks to bring this gift to others.

## Lorna Chapman

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Lorna's classes are an inspired blend of yoga styles, including Iyengar, Ashtanga, and Vini, leading her to develop her own version of Hatha Yoga Flow. Lorna's classes focus on linking postures fluidly from one to another, using the breath as a guide. Specific pranayama (breathing) exercises are included at the beginning and/or end of classes with the addition of relaxation. Lorna welcomes people of all abilities to her yoga classes, adapting postures accordingly.

[www.lunayogawinchester.co.uk](http://www.lunayogawinchester.co.uk)

## Lucie Brow

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Lucie got into yoga when recovering from injury and got qualified in Southern India (2007). Lucie uses dynamic flow that incorporates music, stories, chanting and poetry. She is also passionate about teaching meditation and relaxation techniques. "My intention is to serve every student to the best of my ability, with the belief that the practice of yoga doesn't stop on the mat."

[www.lucieyoga.com](http://www.lucieyoga.com)

## Rachel Bean

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Rachel was first introduced to yoga in 1997, having for many years been a keen aerobics fanatic. She was looking for that something else to help her relax and help take control of her lifestyle and found that yoga had a profound effect on her life. After a visit to India in 2000 and Sivandanda training course Rachel began teaching and has never stopped. Rachel is dedicated to teaching traditional hatha yoga, pregnancy yoga and baby massage.

[www.discoveryyogauk.com](http://www.discoveryyogauk.com)

# DIRECTIONS



**Stockbridge Town Hall**  
High Street, Stockbridge, SO20 6HE

[www.stockbridgetownhall.co.uk](http://www.stockbridgetownhall.co.uk)

## Directions

Stockbridge lies at the junction of the A30 and the A3057 both of which can be accessed from the A303. The southbound A3057 leads to Romsey. The B3049 from Winchester joins the A30 and A3057 in a large roundabout at the east end of the town. To the west the A30 leads to Salisbury. The Town Hall is a major feature on the south side of the High Street.

## Parking

The wide High Street in Stockbridge allows free parking on both sides. There is no specific parking for the Town Hall itself but plenty near-by.

