



11 - 15 May 2020

Happy to host Lucy again as we all had an amazing experience with her here in May at Sammati.

ABOUT THE INTENSIVE

5 days of Assisted self-practice (Monday to Friday)
2 afternoon Workshop 1,5h sessions

Assisted self-practice:

Group 1: 7.30-9.30
Group 2: 10.00-12.00
Max. 8 students per group

Afternoon workshop:

Tuesday 15.00 -16.30
Thursday: 15.00 -16.30
Days and exact times for the afternoon workshops may change.

LOCATION:

Sammati yoga studio

COST:

Non- Residencial: €275 for 5 days intensive
Residencial: €650 based on a shared room, single room €800 including vegetarian brunch 3 course vegan meal & snacks per day

NB:

All levels are welcome except complete beginners. Spaces are limited please book asap to avoid disappointment.

ABOUT LUCY

Lucy remains committed to the traditional practice method of ashtanga yoga, whilst offering supports and variations as a way to remain authentic and empathic to the limitations present. Positive teaching is assisting in the exploration, always open to new possibilities.

Yoga is a Practice that embodies health, it provides us some space from the mind stuff that we all get caught up in and breeds self reflection - a powerful tool in our relationships to self and other. "Yoga supports our connection to that un-nameable something that we are all a part off. When I share Yoga - I realise that

there is so much to share. I acknowledge that what I share, is a drop in the ocean and is clearly limited by my own understanding, but when I do share and if I help one human being, then its worth it "

Lucy's teaching style is attentive to detail combining cranio-sacral body listening skills with yoga asana alignment through foundation and awareness - for the free movement of breath.

I offer my teaching as a gratitude to the lineage of Yoga, to Guruji, Sharath Rangaswamay, and Saraswathi Jois, for all that they shared and continue to share in their unlimited dedication to all of us novice students on a path of Yoga.

Read more about Lucy: www.lucycrawfordyoga.co.uk

Please contact us for more information or book your place for the workshop at Sammati.
www.sammatowellnesfinca.com

