

Class Descriptions – West Cork Yoga Festival 2018

Teacher(s)	Workshop / Class – WCYF 2018
Mark Townson	Conga Drumming Workshop
Gillian Mclroy	<p>Beginner’s Acro-yoga: Acroyoga is a beautiful practice that combines the dynamic wisdom of acrobatics, the awareness, breath and balance of yoga and the healing, loving nature of Thai massage. Working with one or more partners these three disciplines are fused into spectacular sequences of inversions, flows and balances. It’s a community practice, which, at it’s simplest, means that you are working with other people. In this way we can practice developing trust, connection and openness which can then be taken into the community as a whole. In AcroYoga, the smallest community is 3 people covering the 3 main roles of base, flyer and spotter. This work shop is an introduction to these basic elements and is suitable for complete beginners.</p>
Gillian Mclroy	<p>Ashtanga Yoga: Gillian will be teaching from the Primary Series of Ashtanga yoga of Sri Pattabhi Jois. Also known as Yoga Chikitsa the primary series is a dynamic sequence of vinyasa, breath with movement, that is designed to promote health. This powerful, healing practice is a specific sequence of postures (asanas) linking breath (pranayama) and movement (vinyasa.) Ashtanga is an athletic flow combining strength, flexibility and stamina for a complete practice. Ashtanga Vinyasa Yoga is different from many yoga classes in the West in that the order of asanas is completely predefined. A practice will comprise four main parts: an “opening sequence,” one of the six main “series”, a back-bending sequence, and a set of inverted asanas, referred to as the “finishing sequence.” Practice always ends with savasana.</p>
Sharon Quigley	<p>Labyrinth Making & Intentions Meditation: Sharon will share with us her Labyrinth knowledge gained from her many years experience in her homeland Australia with the ancient Spiritual traditions of the land and the original Australian people, who have used the labyrinth in their Spiritual practice for over 70,000 years. You will learn how to connect to nature and the Spirit of the place, as you join Sharon to create a real labyrinth using traditional Australian methods, followed by a sacred ceremony including an earth peace blessing to consecrate the labyrinth for the duration of the festival. You will also receive expert tuition on the practice and use of the labyrinth as a tool for relaxation, healing and personal growth and have the opportunity to walk the labyrinth at the conclusion of the class and throughout days of the festival.</p>

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Sharon Quigley	Pendulum Dowsing: Sharon will conduct a demonstration on the art of pendulum dowsing, and it's use as a divination tool for many things in daily life. You will also find Sharon all day at the festival to answer any questions.
Sharon Quigley	Gong Bath, Earth Sounds Journey: Sharon is the founder of the Earth Sounds© technique for sacred sound healing in groups, and will take you through a full 1.5 hour Earth Sounds© class in the festival marquee. You will first experience a transformational guided meditation for calming the mind, which will help you in all areas of life. Followed by a blissful Gong & Sound Bath Meditation with the healing sounds of large dual gongs, Himalayan bowls, Metallophone, Chimes, Amazon Flute, Sacred Drum and more as your mind transcends to a deep Theta state of conscious awareness with the Divine healing frequencies of sacred sounds. (Please bring your yoga mat, blanket and cushion or pillow)
Kitt Keawwantha	Rewire Your Brain for Health and Happiness (Affirmations): Learn how to re-wire your brain to begin releasing self-destructive and self-limiting beliefs through practical skills and a no-nonsense approach to affirmations. Discover how to use the power of positive intent to harness your inner potential for change and transformation. Topics covered include: - Introduction to affirmations and the power of positive intent; - How affirmations work & why they often don't work for people; - The difference between positive intent and wishful thinking; - Harnessing the power and wisdom of your inner critic; - How to make affirmations work for you.
Kitt Keawwantha	Meditation and Mindfulness Clinic
Kitt Keawwantha	Soul Journaling: A fun and simple introduction to Soul Journaling and some of the tools and techniques used to channel the creativity and wisdom of your soul-self and translate it into practical and empowered guidance within your life. Topics covered include: - What Soul Journaling Is: An introduction to Soul Journaling and how it works; - A guided Soul Journaling meditation; - Translating Your Unique Soul Language: How to translate the visual and intuitive symbolism of your unique Soul Language into practical life steps and meaningful insights. (Please bring your own journal/notebook and pens/pencils)

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Vesco Bondov	History and Practice of Tantric Yoga (Introductory Talk)
Vinnie Bourke (Atmo Pragyan)	<p>“Sargam” – Indian Style Singing of Scales Vinnie will give a class in Indian style singing of scales "Sargam" (after his Indian singing master Pandit Nath of Varanassi and Rishikesh) This will consist of simple voice exercises on an initial major scale (Sa, Re, Ga, Ma ...) No experience is necessary and it won't be too serious, so we hope to have fun, learn a bit, and enjoy some very helpful vocal practice (and possibly have a relaxing and meditative experience).</p>
Lisa Lionheart	<p>Dance! Unleash Your Inner Goddess: In this fun easy choreographed dance class we will connect to the divine feminine to elevate our warrior tribal spirit and unleash the sacred goddess within us all. Everyone is welcome - no experience necessary, only an open mind and heart.</p>
Lisa Lionheart	<p>Teen Yoga: In this class we will focus the mind, and connect with our inner strength. We will open our hearts and shine from the inside out through yoga and meditation with a fun, chilled out practice.</p>
Lisa Lionheart and David Jackson	<p>Tree Calendar - Celtic Tree Ceremony (Hazel): An introductory talk hosted by Lisa and David of Gra Anam, describing the Celtic tree calendar and how it relates to our lives. A sharing of folklore and medicine associated with the hazel, followed by a guided meditation and shamanic drum journey, to connect with this beautiful tree.</p>
Corinna Fisher	<p>Thai Yoga Massage (Abdominal, Sideline and Hips): Allow another to stretch you into yoga postures. Bliss out, receive and give in this ancient practice of healing. The sacred dance of Thai massage is a gift to learn and share.</p>
Corinna Fisher	<p>Starlight Yoga – Around the fire: We will meet under the stars directly after the Earth dance and zone into the Luna time for a gentle cosmic yoga practice.</p>

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Corinna Fisher	Yoga Nidra with Restoratives: Yoga Nidra and restorative yoga have the power to bring us back to centre, to deeply relax and heal. Following the teachings of Shantimirti Saraswati and the techniques of Satyananda we go on this journey. One of the most powerful and restorative practices to yoga and life.
Corinna Fisher and Kenny Dread	Hatha Yoga Flow with Ragga Guitar: Raga or raaga is core concept of Indian classical music, literally a "coloring" or mood that guides an improvised flow from serene and reflective to energetic and exhilarating. This class takes you on a sonic and kinetic journey: Corinna's flowing evolving asana moving with the blissful background of Kenny's live music accompaniment - spacious Eno-esque ambience to exquisite Indian modes to the grooves of the African diaspora and back again to center, to oneness, to Om.
Chani Wates	Vinyasa Flow Yoga: This class starts with a centring, warm-up, and moves into a dynamic phase that builds heat in the body. We end with a more static sequence of seated asanas, and finish off with Savasana – relaxation. Throughout the practice we move with the breath and sequence asanas in a flow, one into the other. It is best suited to those who have some experience of yoga already.
Chani Wates	Vinyasa Flow Yoga – Morning Practice: In this class, we will greet the day with a gentle modified sun salutation flow, that progresses into full sun salutations with a mix of asanas to stretch, awaken and twist the body. We aim to move mindfully with full attention in our practice and with our breath, at any given moment.
Betty O'Toole	Friday: Dynamic Zen Yoga
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Betty O'Toole	Pranayama: Prana means life force or breath sustaining the body; Ayama translates as "to extend or draw out." There are many pranayama / breathing techniques and it is a hugely beneficial practice for improving the wellbeing of body and mind.

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Mariananda Exley	<p>Transformation Hatha Yoga and Relaxation: Transformation Hatha Yoga is the original yoga from the East with its Asanas and Pranayama techniques ~ brought to us today through the Blessings of a Master ~ Mata Yogananda Mahasaya Dharma ~ and passed to one of her direct disciples ~ Mariananda. Experience the freedom and benefits of this Yoga in your physical, mental and spiritual Self. (All levels)</p>
Mariananda Exley	<p>The Highest Yogas (Raja/Kriya) Pure Meditation Talk: The Highest Yogas ~ Raja and Kriya Yoga. This is the ancient Scientific and Spiritual Pathway to The Infinite ~ Oneness. Although its lineage is ancient and the essence unchanged ~ it has been brought up to date by the Self Realized Master ~ Mata Yogananda Mahasaya Dharma~ so that all who truly desire can achieve self-realization in this lifetime. The pranayama (control of life force through practising this meditation) together with devotion is the safest and fastest way of finding God within and without ~ Self-Realization.</p> <p>Pure Meditation is called The Crown Jewel of life for with it we experience the joy and progress of the soul’s path back to Oneness. All of life then is enhanced with this sacred gift as we discover who we truly are and our purpose ~ and as our Light grows we help to spread that Light to uplift the consciousness of all.</p>
Jack Stafford	<p>Ayurveda the musical</p> <p>Unique group health education session. Come and learn Yoga’s sister science in a uniquely fun musical workshop format. Discover your dosha, the ideal daily routine, and identify your health problems through the tongue and pulse.</p>
Paul Cullen	<p>Earthdance: Earthdance is a space to be free, to move and to dance. There are no rules or anything to get right. Our ancestors knew how to dance. They danced to celebrate and they danced for ritual. By dancing we invite joy and laughter but we also hold the sacredness of the space as we invite ritual and transformation. This is a space to be real and a place to heal. If your tired, dance tired and if you are full of joy, dance your joy. Movement can shift trapped energy in the body and release tension. In the western world we often hold shame around dance and movement. Earthdance is a space where you are invited for an hour or two to let go of that shame and move as your body and soul really desires to. It is a time for yourself - what do you need? You might like to connect with people, make eye contact and be playful. You may want to have an inner dance, be with yourself and give your body some well deserved attention. Whatever it is, it is all ok. The music starts off gently, builds up to a crescendo and ends in stillness. All you need to do is listen to the music and move.</p>

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Ciaran Ennis	<p>Laughter Yoga: Two classes on Saturday - “In a Laughter Club we laugh, sing, dance, clap our hands, relax, breathe deeply, play games and use our imagination to be childlike and to have fun in a safe and supported atmosphere. A session might contain a laughter meditation and always winds up with a guided relaxation. All this adds up to ‘Laughter Yoga’, and it’s good for your health, too!!! We learn to turn our mood around in minutes – to beat the Blues, up our performance and boost our immune system, all through enjoyable light exercise combined with deep, yogic breathing and relaxation.</p> <p>To start with, we might have to simulate laughter – ‘Fake it till you make it!’ But eye-to-eye contact and the power and dynamic of the group allow the laughter to become real and contagious in a very short time. Unconditional laughter creates a positive mental attitude and brings out our true spiritual nature of unconditional love, kindness, appreciation, forgiveness, generosity and willingness to help and serve others. It paves the way for more relaxed interactions with others and plays an active role in working towards peace.” – Ciaran Ennis</p>
Matt Mulcahy	Ashtanga Yoga
Jonathan Barlow and Corinna Fisher	<p>African Drumming Circle and Song: Jonathan Barlow and Corinna Fisher will team up for an interactive African drum and song workshop, where people will be taught a song and rhythm. These songs and rhythms originate in the west African 'Malinke tradition.' The workshop is open to everyone and does not require any experience at all.</p>
Tara Brandel	<p>Contact Improvisation: Contact Improv. skills for beginners and experienced dancers. Assisting and resisting. Pause, listen, observe. Watching the dance unfolding. Committing to the point of Contact. Skin, muscle, bone. Working with light touch and deep weight.</p> <p>In this workshop we will draw from Tara's ongoing Contact Improv research and explorations, to learn new ways of experiencing Contact Improv. Tara loves to share her unending delight with Contact, and how it can be playful, authentic, profound, informative and expanding!</p> <p>Contact Improvisation is a movement form where 2 or more people use weight, momentum and physical contact to allow the dance between them to unfold. All welcome. Wear loose clothes you can move in (sweatpants etc) and please don't wear jewelry. We will work barefoot.</p>

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Tara Brandel	Land Dance: Using the principle of Contact Improvisation we will bring our soft animal selves into physical contact with our natural surroundings, using rolling, sliding, weight sharing, and draping to create partner dances with our surroundings. Building up our kinaesthetic connection to nature, this workshop will expand our senses, developing a subtler, more profound relationship to this natural world that we inhabit, connecting us to the joy and delight of dancing in nature. (This workshop is open to anyone who wants to deepen their physical connection to nature and no previous Contact Improv experience is necessary)
Margaret Hardman	Saturday: Scaravelli Yoga – “maybe we could start by truly experiencing the relationship of our feet with the ground”
Margaret Hardman	Sunday: Scaravelli Yoga - “maybe we could start by truly experiencing the relationship of our feet with the ground”
Charlie Stevens	Zen Meditation: Simple sitting and walking practice for everyone.
Charlie Stevens	The Story of the Heart: ‘Open, broken, warm, tender, hard, alight, protected, vulnerable. The story of the heart.’
Yogi Cho	Sound Healing, Qi Gong, Japa Chant: Sound Healing Meditation (Japa Chanting, Qi Gong and Meditation)
Yogi Cho	Tai Chi, Qi Gong Spectacular!: Spectacular Universal Energy Arts Academy Session including Tai Chi, Chi Kung (Qi gong), Yoga, Healing Sounds, Meditation & YogiChild. This raises our vitality, strengthens our nervous systems and cultivates free flow of energy.
Yogi Cho	12 Directions Chi Kung (Qi Gong): 12 Directional and Energizing Exercises - Cultivating the 3 Treasures of the Universe and the 3 Treasures of Humankind with Yogi Cho (Harmony of yin and yang through gentle, graceful, rhythmic, meditative movements that will empower you and help you find inner joy, harmony, peace and calm. Learning to hold the chi through Chi Kung warm up, learning alignment through the key Acupressure Points.

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Pam Skinner	Tai Chi, Qi Gong – Cultivation of Divine Universal Love
Pam Skinner	Meridian Stretching, Qi Gong, Heart Meridian: Build strong internal chi, physical strength and flexibility using the energising and balancing Meridian Stretching and Goddess Chi Yoga Forms – focus on heart Meridian
Claire Osbourne	Yoga, Movement and Pranayama Play Shop: Body, breath, movement: Explorations to experience breath and the flow of prana through the body, and releasing restrictions and energetic blockages that inhibit their movement. Experiential anatomy, asana, movement and bodily awareness.
Claire Osbourne	Yoga Nidra and the Art of Sankalpa: In depth experience of the art of san kalpa: creating a positive affirmation that can be used during yoga nidra to rewire our thought processes and connect more deeply to our heart and her innate wisdom. There will be sharing and self enquiry as part of this process, followed by a long nidra (30 mins) and discussion to experience how a san kalpa can be a transformative tool for our daily life.
Ellie La Trobe	Creative Meditation: <i>Tools of the White Magician</i> Learn & experience an esoteric form of creative meditation to connect with that transformative power within every one of us, capable of real magic. Clear the channel; connect; receive; and CREATE the world you want to live in, for the good of all. A powerful meditation to help reconnect you with your soul and the collective Soul. To be inspired, create and serve.
Ellie La Trobe	Super-Power Alchemy Yoga: Super-charge your centre through a dynamic yoga practice and deep meditation. Discover your super-powers & unique gifts in this alchemy yoga class combining mind training, soul consciousness, and physical embodiment. No crazy poses, but there will be some peaks of physical exertion. Adaptations will be given.

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Ellie La Trobe	<p>Alchemical Yin Yoga: Let go of the past and stand in your truest state – as a Soul working harmoniously through your physical, emotional and mental body. We will clear through the chatter of mind and allow blocked emotions to flow. Yin Yoga works through the densest parts of our physical body – i.e. the bones, joints, fascia, ligaments and tendons; and to the associated etheric/ pranic body. If you work with intention, and surrender into it we can transform into the molten gold of soul consciousness and receive your highest wisdom. Yin Yoga involves deep long meditative stretches which challenging physically, emotionally and mentally. We move in between the poses to release that which is its time to go.</p>
Clair Lalor	<p>Sounding:</p>
Clair Lalor	<p>Being with Inner Experience:</p>
Clair Lalor	<p>OM Yoga Nidra:</p>
Clair Lalor	<p>Somatic Yoga – Hips and Sacrum alignment:</p>
Clair Lalor	<p>Universal Peace Dance:</p>

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Mukhande Kaur	<p>Kundalini yoga for intuitive radiance: (Two classes) The advanced practices of kundalini yoga enable us to charge our pranic life force, using the body and the breath, mantra and meditation we can by pass the intellectual mind. Moving the energy from the lower energy centres of the ego and survival to the higher centres of Divine connection and intuitive knowing. We work to charge our life force through moving the body and breath and allowing energy to move upwards so that we can transform from the ego state and survival mode to becoming still and to accessing our neutral mind. From here we begin to allow our inner navigation to know what we need to know and attract what we need, and to shine from within. This of course takes consistent practice but join me for a taste of the experience. Suitable for all levels.</p>
Mukhande Kaur	<p>Morning Sadhana:</p>
Mukhande Kaur	<p>Tailte Meditation: A guided meditation ceremony to welcome Tailte, the Goddess of lughnasa, foster mother of Lugh. We welcome in the ancient Irish Goddess of the harvest. We will journey to this ancient archetype to honour her and receive her wisdom.</p>
Bella Hancock (Saraswati)	<p>Womb Yoga for Womens Health and Vitality - Sacred Source, Shakti Upasana: An energizing and relaxing Yoga that offers nourishing practice honouring the cyclical nature of Women’s Lives. Yoga for Women’s wellbeing is rooted in Hatha Yoga, Tantra and women’s spirituality. It is deeply sustaining, working on an energetic and physical level - bringing awareness to Feminine energy, Shakti, with respect and love. Women find that this Yoga touches them deeply, increases vitality and gives a sense of Coming home...It is useful for Pregnancy, the menstrual cycle, peri-menopause, menopause...the hormonal shifts and tides in our lives. Flowing Asana sequences, movement, chanting, Pranayama and meditation. NOURISHING YOGA SUITABLE FOR ALL WOMEN, AT ANY STAGE OF LIFE...SOFTNESS, STRENGTH, POWER, WHOLENESS, NOURISHMENT, JOY, FREEDOM.....</p>

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<p>Bella Hancock (Saraswati)</p>	<p>Devi Dance - A Yoga of Dance: Devi Dance is a dance movement practice, a fusion rooted in Yoga, dance technique, breath, energy awareness, sacred traditional dances, and personal expression. Inspiration comes from the ecstatic spiritual movement practices, from gypsy dance, from Arabic dance, and from the light filled ecstasy and surrender that arises when we dance our hearts. Listening to the inner dance of our energy and dancing that in our world. Become the Devi or Deva of your own dance. Dance the Sacred movement of your own spirit (Open to men, women and teens)</p>
<p>Corina Thornton</p>	<p>Art of Observation, Meditation and Sketching: Corina will be offering a class on the “Art of Observation’ - Meaning is lost when all we do is “look at” something. To “see” something means to understand it in a deeper way. Seeing is a transformative experience - It suggests action in that it promotes feeling, thinking and responding towards something. This is how Corina teaches people, in her unique way, how to truly “draw” a thing. When we open our hearts, mind and heart to the world around us, we become alive in it. This class opens the textures, tones and colours of life to truly draw it from your heart. It will involve a small amount of sketching with a large amount of "eye-opening" inner and outer meditation to release your deep and unique creative soul.</p>
<p>Charlie Sundstrom</p>	<p>Movement Medicine: Movement Medicine is a conscious dance and movement practice where your attention is brought into your body and into how you are right now, giving this an opportunity to be moved. Expect great music and a deeper sense of connection to yourself and enjoyment of life. There is absolutely nothing to get right, no steps to learn and is open for all.</p>
<p>The Corinna’s</p>	<p>Drumming Sound Journey: Experience the healing vibrations of the drums.</p>
<p>Lea Miklody (Cello) with Corinna Fisher (Shruti)</p>	<p>Comfy Concert: During her Comfy Concerts Lea creates deep layered experimental soundscapes using loop pedals with cello and voice. Timeless repetitiveness intertwined with nature-inspired melodies induces vivid daydreams, bringing us back to the roots where we can forget about the stresses of every day life for a few minutes. It is a space where music can really be heard and therefore work its magic without distractions, where people don't have to wonder how to behave and react to it. For this comfy concert, Corinna joins her on the Shruti box.</p>

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Kenny Dread	<p>Introduction to Kirtan: Kenny Dread will provide an introduction to kirtan practice including a brief overview of contemporary kirtan artists, the word-sound-power concept of Sanskrit chants, associations and aspects of various Hindustani deities, basic Sanskrit vocabulary, and the typical musical flow of a kirtan chant. This is a great way to familiarize yourself with leading kirtan chanting in your class, your personal practice, or with your spiritual community of satsang.</p>
Harkirat	<p>Sat Nam Rasayan: Sat Nam Rasayan is a healing modality where we use only our level of awareness and our meditative mind. The class content is as follows: We begin with a short explanation and then a meditation. Then the attendees will work in pairs. One person will lie down and relax while the other person is the healer. The healer is then guided in a meditation to reach a state of meditation and self awareness. The class continues in this way. The result will be that a deep state of silence will be reached and the people lying down will feel a deep sense of relaxation and healing.</p>