



Rasa Yoga Workshop

Ganesha – Become the Remover of Obstacles

Ganesha, the Lord of New Beginnings, is the son of Shiva and Shakti. He has the head of an elephant for wisdom and a broken tusk for the transformation of obstacles into opportunities. Ganesha represents the power to dissolve obstacles in the mind and free the heart into the sacred play of life.

Om Gam Ganapateye Namaha

With JC Rawady & Ariane Lujan

Sunday 27th January 2019

14:00 until 17:00

@ The Thames Club, Wheatsheaf Lane, Staines, TW182PD

£40.00 non-Members, £35 Thames Club Members

Breathwork With Ariane Lujan



Through this very special and profound journey into the self you will be able to release any stagnant emotional energy in the body and receive clear insights.

Conscious Connected Breathwork is a self-healing modality that allows the release of traumas as well as physical and emotional tension, and allows reconnection with your true self as well as full opening of the heart. When we experience fear, discomfort or pain, we automatically either stop breathing or greatly contract our breath which locks the emotions into the system. During Conscious Connected Breathwork we are flooding the body with oxygen and allowing for any of these trapped emotions or traumas to rise to the surface, to complete expression or be cleared from our body, leaving us feeling more whole and integrated.

Myth, Asana, Mudra & Pranayama with JC Rawady



Through Yoga Asana, Meditation & Myth, I invite you to find the sparkle and soothe your body/mind/soul with the ancient arts of yoga. This workshop will introduce Ganesha and give you all the tools you need to begin a 40-day Sadhana practice. Sadhana comes from the verbal root Sadh 'to go straight to the goal' and will support your intentions, stabilise you inwardly and ground you in your soul's journey. The workshop will begin with the practices of the Sadhana, which includes pranayama, mudra & mantra, we will then move into a playful flow to combine twist and binds in yoga to help us release the knots of the hearts & trusting our journey.

For more details on how to book contact JC on 07863 510598

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