



Deepening Yoga Practice with Caroline Lang

September 2019 to May 2020

This course is open to anybody interested in deepening their relationship with yoga and meditation and to giving space to all that may emerge from this opening to depth. It is not a ‘study’ course but a gathering together to practice with a spirit of enquiry and discovery. You would be part of a small group, maximum 10 people, within which we can develop trust and create a safe environment for inner transformation.

Open to all, including beginners, long term yoga students, those who teach. There will be a small application process to ensure the course is suitable for you.

The content will be a creative response to the group, with the intention of supporting you in your practice (and teaching, if you teach). Most of our time together will be devoted to practice but with some sharing of ideas. We can all learn so much from each other. There will be a reading list to draw on and some suggestions for written work.

Between meetings there will be aspects of the practice to explore and reflect upon and small amounts of preparation for some of our meetings.

At the heart of the course will be a three day residential retreat. The venue is still to be confirmed but it will be a quiet and beautiful place, conducive to practice.

The dates for the course are

Friday 27 September 2019

Friday 8 November 2019

Friday 13 December 2019

Friday 7 February 2020

Thursday 12 to Sunday 15 March 2020

Friday 8 May 2020

The Saturdays will be at The Yoga House and the long weekend residential venue is still to be confirmed.

The total cost of the course is £625. A deposit of £125 will confirm your place and the balance to be paid in 8 monthly instalments of £62.50 beginning from 1 September 2019.

It is highly recommended that as part of the course you meet with me for some one-to-one sessions. These will be offered at the Deepening Practice course rate of £38.

‘I really value Caroline’s teaching and the way in which she manages to be in the moment and respond to what arises for each one of us and in the group, all within an atmosphere of gentleness and sacredness. During the last two years and being part of the Deepening Practice course I have discovered that it is in rest and relaxation that doors can be opened. Striving has been such a feature of my life and wormed its way into my body forming deeply rooted habits which constrict and close, as well as using up vital energy. The centrality of rest in her teachings has enabled me to pay deep attention to its message and make changes in my life’. **Julia Richmond**

If you would like to be a part of the next Deepening Practice course, please email carolinelangyoga@yahoo.com to apply.

The following was written by Helen Bodily at the start of the first course I taught in 2013 in Bristol.

*'I think this Deepening Practice idea
Is somehow like a raft
Arriving at my own particular shore at this particular time; a raft
To hop onto and paddle off on some wonderful sea
Without really knowing
Where I'll be going -
Knowing though, in a deep way
That the raft is solid, made carefully
Out of the lightest, most reliable
And natural materials
And that the journey will change me.*

*There will be others on this journey, some
I may know, others
New friends with perhaps a common purpose,
To set out together to explore, listen, play
We'll dance this small dance
Evolving and revolving'
Bones and skin and space and breath
And all those things.*

*I want to see what happens
I want to feel what happens.'*