



## **Moving from our centre: building core stability, strength and movement**

### **Three half day workshops with Gaby Porter**

**When?** Saturdays 28 October and 2 December 2017, and 27 January 2018, 10.00 am – 1.00 pm

**Where?** Bodywise Natural Health Centre, 16-20 Turner St, Manchester M4 1DZ

In these workshops, we will explore the approach and practices offered in Donna Farhi and Leila Stuart's new book, *Pathways to a Centred Body: Gentle Yoga Therapy for Core Stability, Healing Back Pain, and Moving with Ease* (2017). The workshops will be largely experiential, with some demonstrations and partner work.

*It's rare these days to meet a teacher who is willing to help each person with adept instructions, sensitive touch, and embodied demonstration. Gaby has an exceptional ability to make her students feel seen, heard, and empowered. Her teaching leaves students feeling accepted where they are yet at the same time building confidence to challenge old limitations. Gaby is one of my most gifted senior teaching assistants, and I'm excited that she'll be sharing her skills in these upcoming workshops. ~ Donna Farhi*

**Saturday 28 October: Integrating breath with movement, finding the psoas: moving from our deep core**

**Saturday 2 December: Building a strong and stable foundation for movement: balance and stability**

**Saturday 27 January 2018: Activating our core cylinder of support in movement.**

**Who are these workshops for?**

The workshops are suitable for you if you have at least three months' yoga practice or an equivalent physical practice.

This practice may help you to feel more grounded, centred and resilient. It is particularly helpful if you have deeply held tension or any discomfort when you lie down, stand, sit or walk.

#### **About Gaby**

Gaby is an experienced yoga teacher and somatic movement exercise coach with over 20 years' experience, offering classes and one to one sessions in south Manchester. She trained with Donna Farhi in 2008, and has assisted at Donna's teacher training course, Lisa Petersen's training in Ireland, and at many intensives. Gaby also draws on her experience of appreciative enquiry and deep thinking, inspired by the work of Nancy Kline.

**Workshop fees:**

The fee for all three workshops is £85.00 (£70.00 concession). Individual workshop fees are £30.00 (£25.00 concession).

**Booking deadlines:**

- Friday 13 October 2017 for all three workshops
- Friday 13 October 2017 for first workshop on 28 October
- Friday 17 November 2017 for second workshop on 2 December
- Friday 12 January 2018 for third workshop on 27 January.

You will secure your place when full payment is received.

**Registration and payment:**

To register your interest, please complete the form below and send by email to Gaby: [gaby@gabyporter.co.uk](mailto:gaby@gabyporter.co.uk) . I will then send you payment details.

**Cancellations:**

I will refund fees (less a cancellation charge of £10) if I am able to fill your place.

Copies of Donna and Leila's book will be available for sale at the workshops (currently only available from a US supplier). Price to be confirmed.

**If you have further questions, please contact:** [gaby@gabyporter.co.uk](mailto:gaby@gabyporter.co.uk) / 07968 367930

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**Registration form:**

*Name* *Phone/ Mobile*

*Email*

*I wish to book for all three workshops at £85.00/ £70.00 concession*

*OR I wish to book for the workshop on 28 October at £30.00/ £25.00 concession*

*OR I wish to book for the workshop on 2 December at £30.00/ £25.00 concession*

*OR I wish to book for the workshop on 27 January 2018 at £30.00/ £25.00 concession*

*(Please delete as applicable).*

*Please describe any physical injuries or health conditions that may affect your participation. Please feel free to attach an additional sheet.*