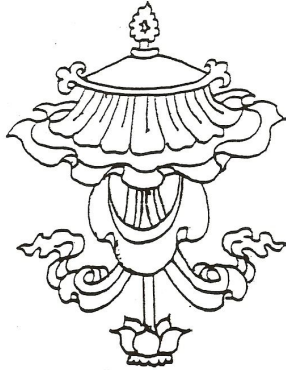


# Tibetan Healing Exercises

## and the progressive stages of

# Hatha Yoga



## Maarten Vermaase

### Yorkshire Yoga & Therapy Centre

9-10 Halfpenny Close, Knaresborough HT5 OTG

### Sundays, 10 am – 4 pm

<b>2010</b>	10 <sup>th</sup> October	<b>2011</b>	23 <sup>rd</sup> January
	14 <sup>th</sup> November		27 <sup>th</sup> February
	12 <sup>th</sup> December		3 <sup>rd</sup> April
			22 <sup>nd</sup> May

**Tibetan Healing Exercises (T.H.E.) combine slow moving Relaxation Yoga, pranayama and self-massage, visualisation and voice techniques. They derive from the traditions of Tibetan Medicine, Meditation and Yoga. T.H.E. aim to develop vitality and balance and can be used for self healing, deep relaxation and preparation for meditation. Maarten will present and explore how an understanding of the principles that underlie T.H.E. will help us in our individual yoga practice. The course will be practical with additional discussion and participants will be expected to practise Tibetan Healing Exercises and Yoga at home.**

Maarten Vermaase has studied and practised Yoga and Buddhist Meditation for more than thirty-five years. He is indebted to his teachers, the late Robert van Heeckeren and to Kenchen Thrangu Rinpoche. As Diploma Course Tutor for the British Wheel of Yoga, his reputation, experience and commitment make him a sought-after teacher for nationwide workshops, retreats and courses such as T.H.E. & Yoga that count as Continuing Professional Development (CPD).

As a previous student I feel that Maarten's carefully structured yoga teaching provides 'food for life'. He manages to awaken or rekindle a self-motivation in his yoga students whilst offering the tools for lifelong practice. I have been grateful for the knowledge and inspiration he imparts. His teaching is rooted in tradition and comes from the heart. The course is a great opportunity to combine Tibetan Healing Exercises with a deepening of your Yoga practice.

The course fee is £460 including a booking deposit of £80). Three spread instalments of £130 can complete the balance. (An Early Bird reduction of £30 is possible – please send full deposit **asap** – the final instalment will then be £100). Cheques to D Brown. Send to Foresters House, Birdsall, Malton, North Yorkshire, YO17 9NS. I hope you can join us

### Bookings:

**Dianne Brown 01944 768409**

**andersonbrown64@btinternet.com**