

# Angela Farmer & Víctor van Kooten Yoga Workshop

January 9 - 10, 2010  
9:30 am - 4:00 pm each day

Shoal Centre  
Sidney, BC, Canada

All levels welcome

\$310 (CAD or USD)



**ANGELA FARMER** has been teaching yoga over 35 years. She studied with B.K.S. Iyengar over a period of 10 years. Instinctively, she developed a process of 'undoing' rather than 'doing' yoga that invites inner dialogue with the body and brings feeling, movement and freedom to yoga practice.

**VÍCTOR VAN KOOTEN** is a yoga teacher and artist who studied with B.K.S. Iyengar in the late sixties and seventies. Since 1984, Víctor has been teaching with Angela. His books, **From Inside Out I** and **II**, are illustrated yoga notebooks based on the teachings he and Angela have developed.

**THE WORKSHOP**—Angela and Víctor are returning to Sidney! Once again, we are most fortunate to have these world-renowned yoga teachers here to offer a two-day workshop.

Come and experience yoga in a fresh, unique way — an approach appropriate for anyone and all levels. As experienced, creative teachers, they will invite you to go beyond prescribed techniques, structured movement and rigid alignment to allow the creative and intuitive spirit to emerge. As structure and rigidity fall away, you will find new freedom to explore, feel, unfold and undo.

Despite their unique, intuitive teaching style, they remain devoted to the deep tenets and philosophy of yoga and remain true to the body-mind-spirit union that is the heart of yoga.

**WHAT THEY SAY**—Everything we teach is about helping people to move inside and experience their Yoga in a way that gives them a deeper and warmer sense of themselves. We always get inspired by whoever is in the class and what comes up and what their needs are. We are 'creative creatures' and never stick to plans and rules for long ... it kills the Spirit! Each class is absolutely unique and different from any other. Be prepared for some surprising experiences!

**For Info/Registration:** T: 250-920-7884

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