



Connective Tissue Exercise & Esoteric Yoga Workshop

Sunday November 16, 8.30 - 11am, Glebe

Presented by Simon Voysey

This workshop offers two sessions

Session 1 8.30 -9.50am.

Connective Tissue Exercise (CTE) highlights the importance of our connective tissue system, which supports and protects muscles, joints, nerves and organs throughout our body. You will come to experience your connective tissue as a naturally fluid system that provides the foundation for a supple, elongated spine and how simple, gentle movement can restore an openness and vibrance in our bodies. There is time in this session to explore, ask questions and share.

CTE is also a great way to prepare for Esoteric Yoga, as it provides a way to feel more accepting and appreciative of your body and how simply and easily you can change how you feel at any time and at any age.

Session 2 10 - 11am

Esoteric Yoga takes our awareness from gentle movement into stillness. It allows us to explore how in physical stillness, we can discover space within us and appreciate a deeper sense of who we are. Esoteric Yoga explores how we can live in union, a natural state of connection and presence that can bring true vitality and harmony back to life.



Presented by Simon Voysey

Simon has qualifications as a school teacher, fitness and Yoga instructor and Esoteric healer. He is accredited with the Esoteric Practitioners Association. Simon has presented fitness, yoga and meditation in regular classes and retreat settings for 20 years. "My latest focus on connective tissue exercise and Esoteric Yoga offers an understanding and appreciation of a different relationship with our bodies that can greatly effect how we live our daily lives".

Workshop details

When: Sunday Nov 16 8.30 -11 am.

Where: St Scholasticas college, Glebe - 4 avenue rd, in a classroom just inside the lower gate on Avenue Rd (there is a sign to admin block), 50 m down from the main entrance of the school.

What to bring: water, a pillow, a warm layer of clothing that can be removed, a blanket or towel if preferred and an extra pillow for supporting your back if required. Yoga mats are supplied or bring your own, a thicker one is preferable. Eye pillows can also be supportive.

Bookings: \$50 (concession \$30). Payment by EFT preferable (cheque or cash accepted), Please book early to ensure your place -send notification of booking via email.

Booking details / enquiries: call Simon 0468 424 658 or email simon@bodyharmony.co