

## Yoga Workshop with Lucilla Hammond – Align Your Life

Saturday 8<sup>th</sup> February hosted by the Port Lincoln School of Yoga

“At the heart of Yoga is the principles of morality and peaceful living. We may believe that we are living that life but actually it is becoming increasingly difficult to do, in our ever complex society.

How do you really know if you are living in alignment to your deepest values? Do you even know what your most important values are?

This essential information helps us to understand ourselves better, to improve decision making and to contribute to the world at large with greater impact.

Join us at Port Lincoln School of Yoga for a morning of discovery of what our values are. As we get clear on our moral compass we integrate it into our cellular body through beautiful fluid yoga. Aligning our body, mind and spirit with the greater flow of our breath.

This will be a dynamic flow style class lead with a focus of body and breath awareness, to feel with honesty, the structural alignment of your body. This allows you to know what you are truly capable of when you are aligned in truth and integrity.

After a break of light refreshments you may like to continue onto the second, seriously nourishing, half of the class.

Restorative yoga can help you heal and integrate even the most difficult aspects of Self and Life, in the most gentle and compassionate way. Restorative Yoga is long holds of reclined postures properly supported by yoga props that allows the body to release deeply held tensions and opens the body in a way not normally available to us.

Pranayama or breath work, will be incorporated into this section for greater depth and enhancement. And we finish the day with a meditation that will leave you clear on the qualities you need to take you through this most powerful of years.

We are living through a very important moment of the human evolution. Let's move through it Aligned in ourselves; consciously, with awareness and in community. All this is set to an inspiring soundtrack to keep you focused and connected as we dance the dance of Life.”

We hope you can join us

Session 1 – 9-11.30am Active Asana session \$35

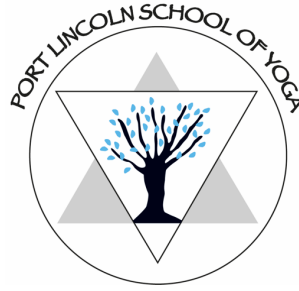
Session 2 – 12.15-2.15pm Restorative & Meditation Session \$30

Both Sessions – \$65 (with refreshments to follow)

Bookings can be made to Lucilla at [joyyogainfo@gmail.com](mailto:joyyogainfo@gmail.com) or contact PLSY

Payment can be made on the day in cash or direct debit to Lucilla (please contact us for this)





## About Lucilla



*“Words cannot convey the value of Yoga, it has to be experienced.”*

These words from BKS Iyengar are so true. When I started yoga about 21 years ago I had no idea the influence it would have on my body, mind, emotions and life. It has completely changed them and transformed me into who I am today.

My first 7 years were attending a weekly Iyengar class in Edinburgh Scotland, where I quickly realised it helped me manage my moods. So within a month started a personal practice 2 or 3 times a week. This helped me manage bouts of depression, which over the years, disappeared altogether.

When I moved back to Australia into rural Victoria I couldn't find a teacher and somehow ended up teaching instead! So I did my training in 2007 with the Australian Yoga Academy. I opened up a small yoga studio in 2010 and ran that until I decided to see the world again in 2017. Since then I have been travelling, mostly around Asia but the UK too teaching yoga, studying and offering healings in Reiki, Thai Yoga massage and some Ayurvedic massages.

*Move, the way Love moves you.*

I have developed my own style of movement, incorporating the focus of alignment and comfort that Iyengar offers, with the playfulness, fluidity and creativeness that flow and vinyasa yoga gives you. Learning to move, as Rumi puts it, the way love moves you.

This conversation of love through the body, breath and movement are all we really need to meet ourselves each day with where we are at. And to help process all we need during these turbulent times of the human evolution.

I am super excited to be able to offer a workshop in Port Lincoln, a town I have been visiting for decades now, as I have family here. I can't wait to share my love of Yoga with yours and know that together we make the world a better place.

Om Shanti. May your experience be peace.

Lucilla Jane (Hammond)

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