

# International Hermeneutic Society

## Events Programme January 2018 – April 2018

*The Love of God - The Dignity and Brotherhood of Man - The Responsibility of the Individual*

### **Saturday 3<sup>rd</sup> February 2018**

#### **The Art and Science of Adapting Yoga Practice to Enhance Mobility and Sporting Performance. A Physiotherapist's Perspective.**

**Siobhan Miller**

This one day workshop focusses on applying precision in the fundamental practice of yoga movement, based on individual needs to enhance mobility and sporting performance.

The workshop is intended to accommodate participants with a wide variety of needs and abilities in performing yoga – indeed a mix of individuals with differing physical natures will help us explore how we can adapt various postures to accommodate such differences.

The underlying theme is that achieving excellence in the performance of fundamental yoga postures is more demanding and valuable than sub-standard performance of more advanced technical postures.

Siobhan is a qualified physiotherapist and sees Yoga as integral in her treatment for a range of injuries and their prevention. This is based on personal experience following a skiing accident in which she needed to make some big changes to the way in which she took care of her body to prevent future injuries. Siobhan has a passion for the outdoors, is a qualified mountaineering instructor and has a particular interest in adapting yoga practice to individual's specific needs for enhanced mobility and accommodation of sporting interests.

For more information visit [www.niddvalleyphysio.co.uk](http://www.niddvalleyphysio.co.uk) The charge for this event is £40 including lunch. To book contact Siobhan at [info@niddvalleyphysio.co.uk](mailto:info@niddvalleyphysio.co.uk)

### **Saturday 3<sup>rd</sup> March 10am - 5pm**

#### **Eugene Halliday's Essential Message**

**Alan Roberts**

An ideal opportunity to gain greater insight into Eugene's works.

£50, including lunch, members discount available.

### **Saturday 17<sup>th</sup> March 10am - 5pm**

#### **Working in Awareness**

**Leon Wong**

Becoming aware of what is driving and influencing our thoughts, feelings and actions.

£50.00 including lunch, members discount available.

### **Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> April**

#### **Working Weekend/Skills sharing, (plus shared catering)**

Those travelling a long way can arrange to stay over on the Friday night.

A weekend involving practical work like grounds maintenance and work inside the Hall.

This is a shared catering weekend where basic food will be provided.

Participants will need to bring their own sheets and towels.

Due to its practical nature and the help given there is no charge for this weekend.

Payment options: by Bacs (Bacs number sent by return email) or Cheques to be made payable to I.H.S. and send your booking to:

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Tan y Garth Hall,  
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LL20 7AS

For further information phone 03003021936 (local rate) or email: [info@hermeneutic.co.uk](mailto:info@hermeneutic.co.uk)