## Enjoy 25% off my last two in-person/online workshops at Meadowlark Yoga through 2021

Visit this link for all booking: <https://clients.mindbodyonline.com/classic/ws?studioid=10792&stype=-112&sView=day&sLoc=0&sTrn=100000001>

Use this code: KirknessAutumnWorkshops

[In-Studio Anatomy of Adjustments & the Subtle Body with Karen Kirkness - £50](https://clients.mindbodyonline.com/asp/adm/adm_cs_e.asp?classID=9853) 13:00 - 16:00 on Sunday, 07/11/2021

Join Karen in this lush three-hour adjustments workshop exploring the subtle depth of physical assists in yoga.

Understanding the integration of gross and subtle form will inform your practice and help you teach in a way that resonates with the latest in contemporary research in tissue as well as in line with the tenets of yoga.

This workshop involves both theory and practice. We will take a deep into the elements of fascia and how our touch sense can be an invitation to deeper understanding for both teacher and student.

**This workshop is £50 (concessions apply)**

You will be awarded a 3hr CPD YAP / YAUSA certificate upon completion and all participants will receive the recording.

**Please note that in the event of social distancing measures or any circumstance that limits studio access, this event will be moved online to a Zoom platform (no refunds or deferrals).**

[In-Studio Anatomy of Pregnancy & Birth - £40](https://clients.mindbodyonline.com/asp/adm/adm_cs_e.asp?classID=9854)

2-4pm on Sunday 05/12/2021

In this specialist 2-hour workshop, participants will get a physiological overview of pregnancy and how birth works in humans.

* The workshop will start with a guided 'tour of the skeleton' looking especially at the pelvis
* We will see how musculoskeletal anatomy is greatly influenced by hormonal shifts in pregnancy
* Participants will learn a set of guiding principles for working with pregnancy and postpartum phases in yoga

This workshop is especially suitable for those with some experience of yoga and/or those interested in pregnancy and postpartum physiology. Teachers and practitioners keen to discover and/or recover their core awareness will also get some practical ideas from this workshop.

This workshop is **£40**

(concessions apply)

Students, NHS, OAP 10% off - £36.00

EUYS & yoga teachers 15% - £34.00

Please ensure your concession membership for 2021/22 has been registered with Meadowlark before purchase.

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