

FEELING the BODY, FREEING the MIND

Breathing, Relaxation, Pilates and Painting

with Sheryl Prendergast and Carol Sagar

About **Sheryl Prendergast**

Master's Diploma in Pilates, Remedial Pilates, Back Care with Pilates, Pre/postnatal Pilates, Pilates in the gym, Matwork – Beginners, Intermediate and Advanced Pilates, Pilates and small equipment, Reformer Training Level 1 and Level 2, Pilates and the Elders. Neurofascia Bridge 1 and 2.

About **Carol Sagar:**

BA Hons Fine Art, Art Teachers' Certificate, Art Psychotherapy post-graduate Diploma (Goldsmith's). Senior Tara Rokpa Therapist (retired)

This Workshop is suitable for anybody. All those interested are welcome to attend. You will need to bring a yoga mat, blanket and cushion. It is advisable to wear loose comfortable clothing which will not mind a smear of paint getting on it.

Fees: £60 for the day to be paid in full on booking.
Cheque to be made payable to Sheryl Prendergast and sent to Sheryl Prendergast, 22 Barker's Lane, Norwich NR7 8QY

Unforeseen cancellations will be reimbursed at two-thirds of the full fee.

Please bring your own lunch. Drinks provided.

Enquiries and bookings: Sheryl Prendergast 07984 300868
Email address: sheryl_prendergast@yahoo.co.uk.

Groups are limited to 10 people.



Saturday 28th October 2017
9.30am - 5.00pm

Saturday 4th November 2017
9.30am - 5.00pm

Hilltop House, Topshill Road
Thorpe Market
Norfolk
NR11 8TS

This Workshop helps us to develop a relaxed approach to life with Mindful Awareness and Compassion for ourselves and others. We use simple exercises which immediately relieve stress and tension and which can be used at home.

We shall explore the interaction between body and mind conscious of the many ways in which they influence each other.



Those who have experienced these methods have noticed the release of emotional tension which is often felt physically.

Pilates

Pilates is a complete co-ordination of mind, body, spirit.

When we move our body, we free the mind, when we free the mind we can then access the centre of our true self.

Pilates is a system of movement that frees muscles from nervous tension and over fatigue. This then helps the body move with greater ease of suppleness and flexibility.

I have currently trained in myofascial tissue release, using a gentle hands on approach to manipulate tension in the Fascia due to trauma, posture and inflammation. Once released you can experience more freedom of movement and a sense of relaxed well being.

If we are able to bring this practice into our everyday life we could enjoy physical well being, mental calm and spiritual peace.

We could then live our lives from the inside out.



Painting

This component of the workshop involves exploration using colours, allowing them to find their own expression which helps us to let go and relax the mind. A space is created in which there can be a natural creative response individual to each person.

Previous experience with painting is not necessary. Here there are no expectations. Shapes and colour relationships can reveal themselves effortlessly. We can continue the body awareness work relating to it through colour in the painting process. If we don't like what we see it is easy to change things – unlike in daily life sometimes!

Painting material will be supplied.

