

YOGA AND CLIMATE ACTION

Finding the connections



‘Yoga has a valuable contribution to make in addressing climate change, the defining issue of our time’. Amina Mohammed, UN Deputy Secretary-

General, on International Day of Yoga, 2019

This workshop will help us all to consider what those connections and contributions might be. Helen will facilitate exploration and discussion and consider how Yoga’s ancient wisdom teachings could help today’s Yoga stretch beyond individual health and wellbeing towards planetary health and wellbeing, from ‘me’ to ‘we’. Then Laura will offer a guided relaxation and pranayama session to help establish balance in our future intentions.

ALL WELCOME: A FREE EVENT as part of York Environment Week

Sunday October 8th, 3 -5pm

The Stables Yoga Centre, 10A Nunmill St, York YO23 1NU

Queries and bookings to laurapotts@phonecoop.coop

Laura Potts and Helen Clay have both taught yoga for over thirty years in a range of settings. Laura is also involved in environmental justice as an academic and as an activist in York and beyond. Helen is passionate about yoga, the environment, fairness and justice and holds a Masters degree in *Traditions of Yoga and Meditation* and the *Advanced Certificate from Yogic Studies*.