



STANDING, SITTING, WALKING, RUNNING

How your Posture affects your Mind

JENNY BEEKEN and Patricia Lopez

A book designed to help each of us rediscover our natural posture and so develop calm and comfort. Through simple adjustment we develop an upright spine on legs and feet that are active and easy, a head that is aligned and alive, and an open heart.

Although written from a yoga perspective, Jenny Beeken's sixth book is also aimed at gym users, the elderly, young people, commuters and air travellers alike. Our modern habits with chairs, cars, computers and the rest encourage the body to collapse – and the mind with it. The book's detailed instructions and drawings show readers how to enable each part of the body to play its part in waking up to a wholeness that is totally transformative for everyone.

The four sections of the book, supplemented by brief contributions on cycling, climbing and swimming, lead into a profound description of how meditation relates to each of the featured activities, including running and walking, and how meditation can be used alongside them.

Jenny Beeken is one of the UK's leading yoga teachers and is widely respected throughout the international yoga community. Jenny originally studied with B.K.S. Iyengar and in 1993 co-founded the Inner Yoga Trust. Her main influence is the Italian teacher Vanda Scaravelli, who worked with Yehudi Menuhin and J Krishnamurti, and whose observation of the spine is central to any teaching about natural posture. A Course Principal of the Inner Yoga Trust, Jenny is a highly regarded specialist teacher of yoga therapy and yoga in pregnancy. A hallmark of Inner Yoga is the teaching of what Jenny calls 'yoga awareness – to wake up the body and mind' Pachi Lopez is both running coach and yoga teacher and trained with Jenny. A hallmark of Inner Yoga is the teaching of 'yoga awareness' – in order to 'wake up' the body and mind.

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Come and meet the authors! Get a signed copy and hear all about the writing of the book. Meet others concerned in the book's genesis.

Event One

The Inner Yoga Trust is represented at the **Wheel of Yoga Congress at Warwick University**, Friday April 15th - Sunday 17th, 2016. IYT offers demonstrations and classes on the Saturday, and the books will be on sale in the Market Place throughout. For more details of the Congress go to www.bwy.org.uk; for the classes, to www.inneryoga.org.uk

Event Two

April 20th 2016 at 6.30 pm. **One Tree Books**, Lavant St., **Petersfield**, Hants. Jenny and others will be there to talk about the book and for us all to enjoy a glass of wine and a toast to its



success. No booking necessary and it will be great to see you.

Event Three

At **Café Mila**, 1 Angel Court, **Godalming**, Surrey, GU7 1DT. May 20th 2016. Meet outside the café at 6 pm for walking/running based on the book, or inside the yoga studio at the café at 6.30, for an indoor class. Prebook at £15 and get the class and a free copy of the book with wine and light refreshments from 7.15.

• Book with the café if you would like a delicious meal after (01483 808569).

Or, buy a copy direct: discount of 10% and post free when you use the form below.

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