



**Inner Rhythm-Internal Arts  
Yoga and Qi Kung in  
South Staffordshire**



***“Gravity and Space”***

**A Day of Yoga and Qi Kung**

With

**Vivien and Philip Skelton**

**(BWY Diploma – BCCMA & Tai Chi Union)**

**Saturday 20<sup>th</sup> March 2010**

**10am – 4.30 pm**

**Cost £25**

Our relationship with gravity will be more secure if we are more fluid, resilient and flexible in our body. We should let gravity support us and nurture us. It is very much like being loved. To be in tune with gravity gives us balance, grounding, security, flexibility and an expansive gracefulness.

Humans are designed, genetically speaking, to maintain spatial orientation on the ground. During rest and motion, spatial orientation enables us to maintain our body orientation and /or posture in relation to physical space, which is the environment in which we live.

We need to develop a more conscious, flexible way of being in the world and discover sensations of being and moving in harmony with gravity.

During the day we will engage in practices to explore this.

**Venue** – Whittington Village Hall, Langton Crescent, Whittington Lichfield,  
Staffs WS14 9LR. Ample free parking

Please bring a vegetarian dish to share for lunch. Drinks will be provided

[www.InnerRhythm-InternalArts.co.uk](http://www.InnerRhythm-InternalArts.co.uk)

**Booking Form**  
***“Gravity and Space”***  
**Saturday 20<sup>th</sup> March 2010**

Name.....

Address.....

E Mail..... Tel No.....

Information and booking contact Vivien Skelton. (Cheques payable to Vivien Skelton)  
Please send SAE if you require a receipt...and/or directions...(Please tick)

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[www.InnerRhythm-InternalArts.co.uk](http://www.InnerRhythm-InternalArts.co.uk)