

# Autumn Ease

Online with Warrior & Wild

OCTOBER 2020

"Be wild,  
but stay soft"

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5

8am ROAM EASY  
> Sharon (60m)

6

8am SLOW FLOW  
> Courtenay (40m)

7

8pm SOFT HEART  
SERIES  
> Courtenay (40m)

8

9

10

11

9.30am EASY LIKE A  
SUNDAY MORNING  
> Courtenay (60m)

WIND DOWN WEEK - 9pm every evening w/Sharon (20m)

12

7pm GUIDED  
MEDITATION  
> Georgia (30m)

13

8am SLOW FLOW  
> Courtenay (40m)

14

8am ROAM EASY  
> Sharon (60m)

15

6pm SELF MASSAGE  
TUTORIAL  
> Kate (30m)

16

7.30am BREATH  
LAB  
> Sharon (30m)

6pm RESTORATIVE  
YOGA  
> Saeunn (40m)

17

18

19

8am ROAM EASY  
> Sharon (60m)

20

8am SLOW FLOW  
> Courtenay (40m)

21

8pm SOFT HEART  
SERIES  
> Courtenay (40m)

9pm YOGA NIDRA  
> Sharon (40m)

22

8am MOVEMENT  
MEDITATION  
> Courtenay (40m)

23

7pm YIN YOGA  
> Deacon Conroy (60m)

24

25

8pm PROPTOBER  
> Sharon (90m)

26

6pm RESTORATIVE  
YOGA  
> Saeunn (60m)

27

8am SLOW FLOW  
> Courtenay (40m)

28

8am ROAM EASY  
> Sharon (60m)

8pm SOFT HEART  
SERIES  
> Courtenay (40m)

29

6pm BREATH LAB  
> Sharon (30m)

30

31

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## ROAM EASY

8am > Mon 5th & 19th & Wed 14th & 28th

with Sharon

Ease yourself into the day ahead with these slow weekly practices that find space, nourishment & grounding through mindful movement.

## WIND DOWN WEEK

9pm every evening - Monday 5th - Friday 9th

with Sharon

Find your remedy as we wind down from the hustle & bustle of each day with gentle, easeful movement & postures. Decompress & soften into a peaceful sleep.

## SLOW FLOW

8am every Tuesday

with Courtenay

This Slow Flow series will work with the whole body, linking simple postures & movement with the breath. You'll practice with a fluidity that energises with ease.

## SOFT HEART SERIES

8pm every Wednesday

with Courtenay

Access & explore the heart space on both a physical & energetic level as we move through poses, breath & meditative practices that look to find freedom here.

## SELF MASSAGE TUTORIAL

6pm Thursday 15th

with Kate

Join the brilliant Kate Browne of Cotswold Mobile Massage as she guides us through a fun 30min head, neck & shoulder massage to soothe the most tired & rebellious muscles!

## BREATH LAB

7.30am Friday 16th & 6pm Thursday 29th

with Sharon

Begin to notice your own breath patterns whilst being guided through a variety of breathwork practices to aid inner space, healing & a sense of grounding.

## EASY LIKE A SUNDAY MORNING

9.30am Sunday 11th

with Courtenay

Grab a coffee & stay in your PJ's as we settle in for this mellow morning practice in which we'll work head to toe to stretch, release & breathe into every corner of the body.

## GUIDED MEDITATION

7pm Monday 12th

with Georgia

Great for new & experience meditators, we'll begin by gently easing into the body before settling into stillness & calm, spending time in reflection on the changing season.

## MOVEMENT MEDITATION

6pm Thursday 22nd

with Courtenay

Throw out the rule book & learn how to listen to your body & breath, as you're guided in a way that allows you to discover your own, personal movement practice.

## RESTORATIVE YOGA

6pm Friday 16th & Monday 26th

with Saeunn

Wear your comfiest PJs, grab all the pillows & prepare to relax. Expect lots of gentle supported stretches & intentional breathing to allow body & mind to rest & restore.

## YIN YOGA

7pm Friday 23rd

with Deacon Conroy

Let go of all stresses from the week as your guided through a calm & cosy sequence with special guest teacher Deacon Conroy, streaming from across the pond in LA!

## PROPTOBER

8pm Sunday 25th

with Sharon

Find support, balance & direction as we learn to use props as the ultimate tool to enhance this gentle flow sequence, eliciting a sense of effortlessness..