

YOGA BEYOND THE MAT

Explore the deeper living philosophy of yoga.

Ready for something completely different? Yoga is more than postures, movement and breath. It is a way of exploring how we live, how we think, how we relate to ourselves and others, and how we meet the world around us.

Yoga Beyond the Mat invites you to step away from simply doing yoga and begin to explore yoga — bringing ancient teachings into conversation with modern life.

This is not about becoming someone else. It is about becoming more aware of who you already are.

WHAT WILL WE EXPLORE?

PHILOSOPHY Explore the ideas and teachings behind the physical practice.	BREATH & AWARENESS Discover breath, attention and awareness as practical tools.
PRACTICE Use movement, meditation, reflection and contemplation.	MODERN LIFE Explore how ancient wisdom can remain relevant to everyday life.

THE EXPERIENCE

Each session combines discussion, reflection and practical experience. Depending on the theme, this may include gentle movement, breathwork, meditation, contemplation and the resonant sound of Himalayan Lingam singing bowls.

The aim is not to give you a list of answers. It is to create space for you to explore the questions for yourself — and take something useful into your own life.

WHO IS IT FOR?

Everybody. Over 16 and breathing. You do not need to be flexible, strong or experienced in yoga, or to have studied yoga philosophy. You simply need curiosity and a willingness to explore.

“Understand the practice. Explore the deeper teachings. Learn to master your life.”

YOGA BEYOND THE MAT • Monthly sessions • No previous experience required
Come curious. Start where you are. Explore beyond the mat.

ZEN2YOGA • Yoga • Fitness • Wellbeing • Your Journey