

## Welcome to Liz Warrington Yoga

Yoga is something that happens. All we need do is to create the conditions. We do this by being attentive and present to what is. By giving our bodies clear and simple instructions. By seeing the poses not so much as an outward attitude but rather as an opportunity to explore that which is within. It is after all the space inside that gives them their beauty; and it is with a kind approach to the body we come to understand the mind and touch our souls.

Movement does not require force, and nor does the breath. Both will arise happily and freely out of a state of rest. This is why it is so important that we take the time to invite our body/minds to let go of all that has gone before and to undo a little.

To come away from our habit of doing, interfering, thinking we must improve upon, go further and be more. When in fact we are enough as we are right now.