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Garth McLean's workshop

Last year Garth McLean taught a workshop for students with Multiple Sclerosis (MS) and Parkinson's disease. Here is a report from one of the students.

by Henry Ettinger

It was with apprehension that I agreed to attend this workshop as I had only practised yoga intermittently. I was diagnosed with MS 15 years ago and have tried various therapies in an attempt to manage my symptoms.

Garth is an inspiration to all MS sufferers. He is humble, empathetic and his knowledge of the subject is vast. He demonstrated how to use props to help with the postures and it was useful having a helper to assist with the use of these props. I was lucky to have my friend Judy Smith, a teacher at Maida Vale, with me.

We did some standing poses using chairs, chair twists, seated poses and Savasana. Garth was so positive and encouraging and called me King Henry!

I found just stretching my arms over my head in *Parvatasana* so freeing. Creating space and length in my trunk was refreshing and liberating. Sitting on a chair and in *Dandasana* on the floor, I worked on squeezing a wooden block between my inner thighs.



Dandasana with brick

This was remarkable in that I was using leg muscles that I had previously found to be inaccessible. Supported *Savasana* using two *Setu Bandha* benches was extremely relaxing and I felt calm, peaceful and refreshed afterwards.



Henry in Savasana



Garth in supported Purvottanasana

I definitely felt the benefit of this workshop. Not only did I feel taller and lighter, I also felt that the stiffness and heaviness in my legs had diminished and I was more stable and grounded. As I walked out of the class everyone remarked that I looked so different, with more colour and a smile on my face.

I am really looking forward to Garth's workshop this July.

Garth McLean's website: www.yogarth.com

Workshops:

Friday 12th July:

Teachers' workshop, 14.00-17.00

Saturday 13th July:

Open MS, 10.15-12.15, restorative 13.30-15.30

Sunday 14th July:

Open MS, 11.15-13.15, restorative 14.30-16.30