

Light on Hatha Yoga

Spend a weekend connecting with transformative practices of Hatha Yoga to uncover your own inner light, natural balance and hidden potential.

Teachings will focus on the Tantric tradition revealed in the Hatha Yoga Pradipika and by Satyananda Yoga lineage. Asanas, pranayama, chanting, profound relaxation and meditation will be integrated into the weekend together with the support of like-minded company. Open to all levels of experience.

"Hatha yoga is the greatest secret of the yogis who wish to attain perfection." HYP C1.11

Jayadhara

I have been teaching yoga since 1988 and am an experienced BWY Foundation and Diploma Course tutor. I hold an MA in yoga philosophy and am passionate about including all aspects of yoga and ancient wisdom in ways accessible to everyone. My practice is informed by Satyananda Yoga (Bihar School of Yoga) and I regularly return to Indian ashrams to deepen my understanding and to continue my own journey.



Ampleforth Abbey ~ Accommodation

The Abbey of St Laurence at Ampleforth is home to the largest Benedictine community in Europe, dating back to 1802. Ampleforth Abbey is stunningly beautiful and is situated within a private estate of over 2,000 acres in an area of outstanding natural beauty.



All accommodation is of a high standard in single and twin rooms with some en-suite. There are additional places for partners who would like to spend a weekend away to relax, walk or just be!
www.hpo.ampleforth.org.uk/

Investment

Your investment of £195 will include accommodation, vegetarian food and all teachings.

Shared room if not taking part in yoga sessions £125

Single rooms will be allocated in order of reservations received.

Reservations

To reserve your place, please complete the reservation form and send together with your non-refundable deposit of £50 to:

Jane Cluley, Orchard Cottage, Low St, Husthwaite, York YO61 4QA

e-mail: janecluley@tiscali.co.uk Tel: 07906 652669

Leaflets downloadable from; www.yogandshiatsu.org.uk

Balance due by 15th May, when full program details are sent to you.

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RESERVATION FORM – Light on Hatha Yoga

Name..... Yoga Teacher Yes/No

Address.....

.....Post Code

Telephone..... Mobile

e-mail

Length & type of Yoga experience.....

Special dietary requests:

Who would like to share with?

What do you hope to get from the weekend?

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Deposit £50 Full Payment £195

Further information will be sent by e mail unless an SAE is enclosed

Feedback from previous retreats

- "I found the whole experience very enjoyable as I had only participated in weekly classes before. The weekend made me feel very relaxed and balanced. I would be interested in coming again!"
- "The sharing of experience and using that to help with insight and exploration was powerful & nurturing. Inspiring teaching – very important!"
- "Another weekend next year please!"
- "Thank you so much for all your time, effort, expertise and friendship."
- "Very relaxing, restful, motivating and inspiring."
- "I have really enjoyed the weekend and it has given me a lot to think about and a different perspective on my yoga practice."
- "Thank you very much, I love your presentation style. Very undemanding, but clever and accessible for all levels and abilities. The group work encouraged interaction – good for those attending alone!"
- "I just wanted to congratulate you on such a well planned, interesting and varied programme over last weekend."
- "A really interesting and informative weekend."
- "An excellent varied programme, good mix, good size group"

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Weekend Retreat
Ampleforth Abbey, York YO61 4EN

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'You must be the change you want to see in the world.'
Mahatma Gandhi

29th June – 1st July 2012

Tutor: Jayadhara