

# Yoga & Mindfulness

Sunday 27<sup>th</sup> November  
10.00am – 4.00pm  
with Jayadhara

Feelings like disappointment, embarrassment, irritation, resentment, anger, jealousy are like messengers that show us, with terrifying clarity, exactly where we're stuck, fearful or holding back. Closer awareness of body and its reactions can be our guide to opening further to life and our journey to tranquillity and spaciousness within. The workshop will draw on the tools of asana, pranayama and mindfulness to connect us more deeply to ourselves and to others.

## Tutor: Jayadhara (Jane Cluley)

Jayadhara has been teaching yoga since 1988 is a BWY Foundation and Diploma Course Tutor and holds an MA in yoga philosophy. She has undertaken mindfulness training in India and England and is passionate about including all aspects of yoga and ancient wisdom in ways accessible to everyone. Inspired by the teachings of Bihar School of Yoga, and Buddhist practitioners she regularly returns to India to deepen her understanding.

## Enquiries and Booking

For further information, please contact Jayadhara.  
To secure your place, return the completed form with a cheque for £30 (payable to J. Cluley)  
Orchard Cottage, Low St, Husthwaite, York YO61 4Q  
Tel: 07906 652669 e-mail: janecluley@tiscali.co.uk  
[www.yogandshiatsu.org.uk](http://www.yogandshiatsu.org.uk)

Please bring a contribution to a shared vegetarian lunch.  
Drinks will be provided.



## Booking Form – Yoga & Mindfulness

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Tel: \_\_\_\_\_ e mail \_\_\_\_\_

Confirmation will be sent by e mail, unless an SAE is enclosed



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