

## Chakras-R-U

Chakras are the energy vortices within the human framework and provide an alternative way of viewing our physical, mental, emotional and spiritual being. We will use asanas, pranayama, mudras, relaxation and meditation to explore our energy system which can lead to insights on ways to benefit our own health and well being. Background information and symbolism will be included.

A minimum of 1 year yoga experience is required.

## Jayadhara

I have been teaching yoga since 1988; I am a British Wheel of Yoga Diploma Tutor and hold an MA in yoga philosophy. I am passionate about including all aspects of yoga and ancient wisdom in ways accessible to everyone. My practice and teachings are informed by Bihar School of Yoga (Satyananda Yoga) and I regularly return to Indian ashrams to deepen my understanding and to continue my personal development journey.

I have successfully tutored several BWY Foundation Courses in York, Yoga Studies 1 in Hungary, and have devised and tutored courses such as Basics of Bihar Yoga, Swadhyaya and Chakra Swadhyaya.

## The Venue

Sneaton Castle Centre is situated on the outskirts of historic Whitby in peaceful grounds. It affords easy access to the geographically interesting coast and scenic moors.

## Accommodation

Our accommodation including full board will be in single and twin bedded rooms with shared bathrooms and a few en suite rooms. There are additional places for partners who would like to spend a weekend away to relax, walk or just be! Food will be vegetarian. [www.sneatoncastle.co.uk](http://www.sneatoncastle.co.uk)

## Cost and Booking

Single Room £185 Shared Room £175 En suite, shared £207

If not taking part in yoga sessions £99.

Single rooms will be allocated in order of receipt of reservations.

## Reservations

To reserve your place, please return the completed reservation form together with your non-refundable deposit of £50 (Cheque payable to J. Cluley). Send to:

Jayadhara, 3 Pebble Court, Easingwold, York YO61 3PJ

e-mail: [janecluley@tiscali.co.uk](mailto:janecluley@tiscali.co.uk) Tel: 07906 652669

Leaflets downloadable from; [www.yogandshiatsu.org.uk](http://www.yogandshiatsu.org.uk)

**Balance due by 5<sup>th</sup> September, when full program details are sent to you.**

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## RESERVATION FORM

Name.....

Spiritual Name.....

Address.....

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Post Code .....

Telephone.....

e-mail .....

Length of Yoga experience.....

Yoga Teacher .....Yes / No

I would like to share with.....

Special dietary requests: .....

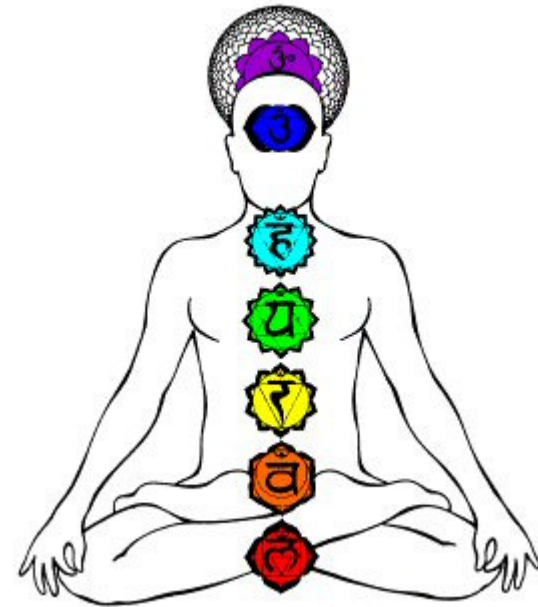
Deposit £50

Full Payment £207/£185/£175

**Please enclose an SAE**

A weekend retreat  
at Sneaton Castle, Whitby North Yorkshire

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5<sup>th</sup> – 7<sup>th</sup> November 2010

Tutor: Jayadhara