

Living Yoga

“Walk your talk”

Yoga is not about being on your yoga mat for your weekly yoga class, it's about bringing the myriad of yoga practices into your life on a daily basis. The weekend will give the opportunity to 'live yoga' and suggestions for realistic continued practice.

Arrival from 4pm Friday, followed by a post-travel session 5.15pm. Please bring a copy of Patanjali Yoga Sutras (any translation).

Swami Vedanta

An internationally recognised teacher of the Satyananda tradition, Swami Vedantananda has taught for over 25 years. She has in-depth experience of yoga and is now 'living yoga' in Portugal. This is one of the few opportunities to work with her in the UK in 2008.

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. 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

Cost and Booking

Single Room £185 Shared Room £175
Those not taking part in yoga £99.

Single rooms are limited and 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 (Cheques payable to J. Cluley). Send to:

Jayadhara, 54 Oakland Drive, Ledbury, Herefordshire HR8 2ET
e-mail: janecluley@tiscali.co.uk

Leaflets downloadable from; www.yogandshiatsu.org.uk

Balance due when full program details are sent, by 10th September 2008.

RESERVATION FORM

Name

Spiritual Name

Address

.....

Post Code

Telephone

e-mail

Length of Yoga experience.....

Yoga TeacherYes / No

I would like to share with

Special dietary requests:

Deposit £50

Full Payment £185/£175

Please enclose an SAE.

Feedback from previous retreats

"A wonderful weekend, brilliant, fun, interesting etc. etc." Kevin, Harrogate

"I'm really pleased that I've experienced my first yoga retreat - and it was truly inspirational. I'm feeling really positive after it." Laura, Sheffield

"Fantastic weekend." Marylyn, Oldham

"Very rich and balanced programme, I feel stretched and satisfied."

"Another wonderful weekend, I really got a lot out of the programme as well as meeting up with so many old friends and making some new ones. Got the weekend on the calendar for next year!" Veronica, Middleton-in-Teesdale



LIVING YOGA

with

SWAMI VEDANTANANDA

SNEATON CASTLE, WHITBY

NORTH YORKSHIRE

24th – 26th October 2008