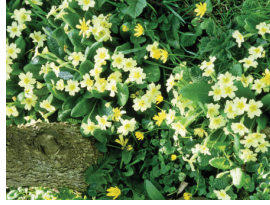


Spring Meditation



9.30am – 3.30pm, Sunday 23rd May

Husthwaite Village Hall YO61 4PY

An opportunity for reflection on spring as the season for growth and the start of new possibilities. The day will include physical preparation of the body-mind through postures and breathwork and deepening awareness through anchoring the mind moment-by-moment.

Tutor: Jayadhara (Jane Cluley)

Jayadhara has been teaching yoga since 1988, she is a BWY Diploma Tutor has an MA in Yoga Philosophy from Bihar School of Yoga, India and is a qualified Shiatsu practitioner. She has personal experience of the transformative power of meditation and mantra practices and regularly returns to India for a deeper understanding of the context of yoga and to continue her personal journey.

Venue: Husthwaite Village Hall, The Nookin, Husthwaite, York YO61 4PY
Easy access from A19.

Enquiries and Booking

For further information, please contact Jayadhara.

To secure your place, please return the completed form with a cheque for £32 (payable to J. Cluley)

3 Pebble Court, Easingwold, York YO61 3PJ Tel: 07906 652669
e-mail: janecluley@tiscali.co.uk www.yogandshiatsu.org.uk

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

Booking Form

Name _____

Address _____

Postcode _____

Tel: _____ e mail _____

Please enclose SAE if you require a receipt or directions.



9.30am – 3.30pm, Sunday 23rd May

Husthwaite Village Hall YO61 4PY

An opportunity for reflection on spring as the season for growth and the start of new possibilities. The day will include physical preparation of the body-mind through postures and breathwork and deepening awareness through anchoring the mind moment-by-moment.

Tutor: Jayadhara (Jane Cluley)

Jayadhara has been teaching yoga since 1988, she is a BWY Diploma Tutor has an MA in Yoga Philosophy from Bihar School of Yoga, India and is a qualified Shiatsu practitioner. She has personal experience of the transformative power of meditation and mantra practices and regularly returns to India for a deeper understanding of the context of yoga and to continue her personal journey.

Venue: Husthwaite Village Hall, The Nookin, Husthwaite, York YO61 4PY
Easy access from A19.

Enquiries and Booking

For further information, please contact Jayadhara.

To secure your place, please return the completed form with a cheque for £32 (payable to J. Cluley)

3 Pebble Court, Easingwold, York YO61 3PJ Tel: 07906 652669
e-mail: janecluley@tiscali.co.uk www.yogandshiatsu.org.uk

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

Booking Form

Name _____

Address _____

Postcode _____

Tel: _____ e mail _____

Please enclose SAE if you require a receipt or directions.