

Application form

Name

Address.....

..... Postcode

TelephoneMobile

E mail

Deposit of £50 enclosed Full fee enclosed

What is your experience of Yoga?

Why are you applying for the Course?

Do you have any health problems?

Other Comments/suggestions/feedback:

"Yoga is a perfect system for the health of the body, mind and personality".
Swami Satyananda Saraswati



Swādhyāya

Self Study

**A course for deepening yoga practice
and self understanding**

6 Sundays Starting: October 2010

9.30am – 4.00pm

Venue: York

Tutor: Jayadhara

Return to: Jayadhara (Jane Cluley) 3 Pebble Court, Easingwold, York YO61 3PJ
Tel: 07906 652669 e mail: janecluley@tiscali.co.uk
www.yogandshiatsu.org.uk

The Aims of the Course are:

- To provide tools and knowledge for continuing a yogic path of self development
- To broaden and deepen our experience of yoga, particularly in Satyananda tradition
- To encourage participants' regular personal practice and personal research
- To encourage participants to contribute their expertise to the group
- To foster discussion and small group-work on yogic topics

The Course

Each of the days will include asana, pranayama and deep relaxation. Meditation techniques from Satyananda yoga tradition will be developed during the course along with the themes of individual days.

1. **Classical Yoga** - integrating the teachings of Patanjali Yoga Sutras
2. **Pranayama, Mudra and Bandha**— developing our practice
3. **Mantra and Yantra** – tools for going within
4. **Swami Sivananda and his legacy**— his story and contribution to contemporary yoga
5. **Chakras and Meditation** - a path of self discovery
6. **Discovering the Bhagavad Gita** – using its teachings in our daily life

'Swadhyaya' includes observing one's self by going within and the study of texts. It sharpens the ability to focus and to understand more deeply.

Dates (provisional)

2010: 17 October, 28 November

2011: 9 January, 13 February, 13 March, 10 April

Venue

Wiggington Community Centre, The Village, Wiggington, York YO32 2PH

Shared Vegetarian Lunch

Who is it suitable for?

Students with at least one year experience, student teachers through to experienced yoga teachers who would like to 'nourish themselves'.

The Tutor



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 personal practice is informed by Bihar School of Yoga and I regularly return to India, the home of yoga, for deeper understanding and to continue my personal development journey.

I have successfully tutored many in-depth courses, including British Wheel of Yoga Foundation Course, Swadhyaya, Chakra Swadhyaya and Basics of Bihar Yoga.

"Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow."

Swami Satyananda Saraswati

Contribution

For all tuition, handouts and support during the course £240.
A minimum of 12 will be needed to run the course.

To apply for the course, please send your completed application form together with a deposit cheque for £50, payable to J. Cluley.

Please contact me if you have any queries.

Tel: 07906 652669

e mail: janecluley@tiscali.co.uk