

Residential Weekends
St. Katharine's Parmoor, Frieth,
Henley-on-Thames RG9 6NN



St. Katharine's is a beautiful, historic house set in 12 acres of grounds located in the rural tranquillity of the Chilterns and is the home of the Sue Ryder Prayer Fellowship www.srpf.org.uk

The nearest village is Frieth; the nearest towns, Henley-on-Thames, Marlow and High Wycombe, several miles away.

All rooms have en-suite facilities; the staff are very helpful and the vegetarian food has been very much enjoyed by attendees.

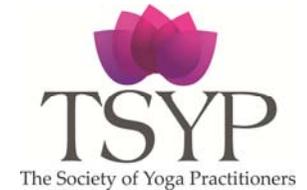
Daytime meetings and practice sessions take place in the large, airy Chapel with views over lawns and fields.

These weekends are open to nearly all, from teachers to those who have been involved with yoga for about two years.

TSYP teachers may count this retreat as 15 hours CPU and BWY teachers may log up to 15 hours CPD.



2019



Autumn Yoga Retreat

with Michael Hutchinson

TSYP* Teacher-Trainer

and Andrew Curtis-Payne

TSYP* Chair and Teacher-Trainer

‘Clearing the Path’

A Weekend in the Chilterns, 27-29 September 2019

In our next autumn retreat, Michael and Andy will be sharing some of the teachings received at the Krishnamacharya Yoga Mandiram in January last year, where we studied three texts on Haṭha Yoga. The common theme was that Haṭha is what clears the path for us to experience Rāja Yoga, that is, meditation.

These days, the list of potential clutter on our path, if we can even see what that is, can be very long. It ranges from internal issues lying unresolved, through other people we see as problems to anxieties about the world in general.

In these confusing times, Haṭha and Rāja Yoga can extricate us from either dull acceptance or busy agitation. But Yoga must be taken as a whole, all Eight Limbs together. So Andy and Michael will be leading us on every aspect of Yoga, principles, physical practices, mantra and meditation. Further to this will be discussion of the available teachings in a like-minded environment. Do join us.

***www.tsyp.org.uk**

