

**Residential Weekends
at Sarum College, Cathedral Close
Salisbury SP1 2EE**



Sarum College is a beautiful, historic house set in the tranquillity of Salisbury's Cathedral Close and is an ecumenical centre for Christian study and research, open to all faiths. Their passion, like ours, is 'learning that nourishes the human spirit'.

The centre of Salisbury is only 5 minutes' walk and there's a delightful 1-hour walk around the water meadows. The station is 15 minutes' walk, or 5 minutes and about £6 by taxi.

There is a choice of en-suite or cheaper standard rooms and of vegetarian and non-vegetarian meals, both of a high standard.

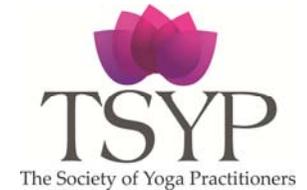
Meetings and practice sessions are held in a south-facing room at the front of the College in clear view of the Cathedral.

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



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 Salisbury, 1-3 November 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.yoga

