

**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 across the water meadows. The station is 15 minutes' walk, or 5 minutes and about £6 by taxi.

There is always a choice of vegetarian or non-vegetarian meals, both of a high standard, and individual needs can be catered for on request.

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.



Autumn Study Retreat

with Michael Hutchinson

and Andy Curtis-Payne

**TSYP Teacher-Trainers and the present and recent
Chairs of the British Council for Yoga Therapy**

'Health, Healing and Beyond'

A Weekend in Salisbury, 27th-29th October

What is the meaning of Krishnamacharya's legacy for the purpose and direction of our yoga practice today?

Krishnamacharya saw that people to come yoga for one of four main purposes, for help with ailments, physical or otherwise, to feel they have achieved something new, such as an āsana, for self-maintenance or to develop a deeper self-understanding.

Underlying these four motivations is a single process – change. TKV Desikachar described himself as a master of pariṇāma – change. While much of our yoga practice consists of 'care and maintenance', we must always be ready for change and accept that this will come with challenges.

Andy and Michael will again be covering every aspect of Yoga Practice sessions will incorporate āsana, prāṇāyāma (based on Michael's new book *Breath for Health*) mantra and meditation. Between practical sessions, there will be discussions of Yoga's evergreen teachings in a like-minded environment. Do join us.

*www.tsyp.org.uk

‘Health, Healing and Beyond’

27th-29th October 2023

“Krishnamacharya was a man who would spend hours each day in worship, then delight in taking an opposing religious position and arguing against every detail of his own worship.”

TKV Desikachar, *Health, Healing and Beyond*, p30

How willing are we, really, to take a step back and examine what we are doing and what we believe in? Are we prepared to take the risk of looking deeper into how we are thinking, the way and wherefore we practice yoga, our relationships and even the way that we live?

“Krishnamacharya had the independence, courage and openness to make tremendous changes in himself and in sacred tradition in response to the needs of his times. Yet he also held fast to the essence of eternal truths that humanity must preserve, perhaps for its very survival” *ibid*, p31.

Yoga carries with it the danger that, one day, either in meditation or in some unexpected confluence of circumstances, we’ll receive an insight that, like Arjuna in the first chapter of the Bhagavad Gītā, will leave us completely ‘floored’. In a sense, yoga promises that this will happen!

How are we to be prepared and to whom can we turn, when the situation suddenly becomes vast and unnavigable? Yoga can both throw us into deep waters and be the solid boat, the ‘apsu nāvam’, to carry us to safety.

Arrivals: From 3.00pm on the Friday. Introductions at 4.00pm and first practice session 4.30-6.00 pm with supper* at 6.30pm. If you need or wish to share a lift, e-mail michael@twobirdsyoga.com.

Departures: On the Sunday 3.30-3.45pm.

Directions: these will be sent on request and by email near the event.

Accommodation: All rooms will be standard with shared facilities, unless I can arrange an ensuite room for you individually. You are free to opt out of one night’s accommodation and some meals, if arranged in advance, please contact Michael for reduced charges.

Mobile Phones: It is strongly recommended that these remain switched off during the retreat.

Booking Form for ‘Health, Healing and Beyond’ 27th-29th October 2023

Name:

Address:

Postcode:

Phone number:

Email address:

Prices: £395 residential in single room with shared facilities. Ensuite singles £60 extra, subject to availability. A non-refundable deposit of £120 will secure a place (special offer – either a free copy of Michael’s new book *Breath for Health* or a £12 discount if already purchased from Michael).

Balance of £275 (standard) or £335 (ensuite) is due by 1st October. Amount enclosed/sent:

Book by paying the deposit at <https://two-birds-yoga.sumupstore.com> or by emailing Michael with a request for bank transfer details – or his address to which you can still send a cheque!

Please let us know where you heard about this event:

*Please indicate below any further dietary requirements Sarum College are accustomed to accommodating these, but may make a small additional charge.