

**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 BWY teachers may log up to 15 hours CPD.



The Society of
Yoga Practitioners



2020

**Spring Yoga Retreat
with Michael Hutchinson
and Elizabeth Murtha**

TSYP* Teacher-Trainers

You and Your Yoga

A Weekend in Salisbury, 22nd – 24th May 2020

In our next spring retreat, we will be looking at what drives our daily practice and gets us onto our mats, day after day.

We can have shelves full of inspiring books about Yoga and related topics. However, unless we get on our mats or cushions and focus within, there will be zero progress.

And we must do something every single day, if not āsana, then prāṇāyāma and/or meditation. If nothing else, we can do some chanting or recite an affirmation or inspiring poem, out loud.

Patañjali's Yoga of Eight Limbs together is one of Kriyā - active practice, underpinned by certain attitudes, Yama and Niyama. Without these, our practice will often be invaded by distractions and will thus bear little in the way of good fruit.

So Liz and Michael will again be covering every aspect of Yoga principles and practice, including āsana, prāṇāyāma, mantra and meditation, as well as leading discussion of these evergreen teachings in a like-minded environment. Do join us.

*www.tsyp.org.uk

'You and Your Yoga' 22nd-24th May 2020

"Through Yoga is Yoga known, by Yoga, Yoga progresses",
Sri Vyasa, commentary to Y.S. III, 6.

A retreat, as a way of taking time out, is great, but we can take a little time out for Yoga every day. The threshold is low; just a few stretches with deep gentle breathing will make a start. Faith in our practice will then develop in a natural, unforced way. This is because, given a chance, Yoga works and bears fruits, benefits that really stay with us.

The next step is to manage the mind, so we can be fully attentive when we come to practice. Again, we want this to be unforced. Patañjali's Yama and Niyama are ideas that need to be gradually developed. Sri Krishnamacharya said that none of these precepts was easy to keep.

For example, difficulties with people cause thoughts which are hard to leave behind and tend to invade our practice. But are we sure what was right? Was there another valid point of view? By reflection, we can settle the mind towards silence before we get on our mat or cushion.

Then, we'll have made a real concession to Yoga, a brief letting-go of our everyday busyness and distraction. The ultimate purpose of our Yoga is to break through our everydayness and contact a presence within. This letting go is not a mental exercise but a choice, within the safety of our regular practice space, to at least once a day just let it all out, all unravel and open up to the power and the beauty of the now.

Arrivals: From 3.30pm on the Friday with tea and biscuits at 4.00pm, introduction and practice session 4.30-6.00 pm and supper* at 6.30pm. If you need or wish to share a lift, e-mail michael@twobirdsyoga.com.

Departures: On the Sunday 3.30-3.40pm. Tea available.

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

Accommodation: All will be comfortable; the charges will depend on your choice of single or shared ensuite or single standard room. You are free to opt out of overnight 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 'You and Your Yoga' 22nd-24th May 2020

Name:

Address:

Postcode:

Phone number:

Email address:

Willing to share? no[] yes[] yes, with []
If no, en-suite [] or standard room []?

Prices: Ensuite: £380 (single) £340 (sharing). Standard single: £295. A non-refundable deposit of £120 will secure a place. A balance of £260 (single ensuite), £220 (sharing) or £175 (standard) is due by 6th May[@].

Amount enclosed:

Please make cheques payable to Michael Hutchinson (Yoga) and send to Michael at 'Hafod' Burney Bit, Pamber Heath, Tadley RG26 3TN or make BACS payment to 20-05-00 30678651, quoting your name.

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.

[@]Partial refunds of balances paid may be available up to 4pm on Wednesday 20th May.