

**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 always a choice of vegetarian or non-vegetarian meals, both of a high standard.

Meetings and practice sessions will be held in the Cavell Room to allow plenty of space for practice.

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.



2022

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

TSYP* Teacher-Trainers

'You and Your Yoga'

A Weekend in Salisbury, 29th April-1st May

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.

Liz and Michael will again be covering every aspect of Yoga principles and practice, including niyama, 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' 29th April-1st May 2022

"Through Yoga is Yoga known, by Yoga, Yoga progresses",
Sri Vyāsa, 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 3.00pm 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 3.30-3.40pm.

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

Accommodation: All rooms will be ensuite unless I can arrange a standard room for you individually. 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.



The Society of
Yoga Practitioners



Booking Form

for 'You and Your Yoga', 29th April-1st May 2022

Name:

Address:

Postcode:

Phone number:

Email address:

Prices: Ensuite: £395 residential in single ensuite room. Non-residential: £225. A non-refundable deposit of £120 will secure a place.

Balance of £275 (residential) or £105 (non-residential) is due by 1st April.
Amount enclosed/sent:

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 and sending your application to me at twobirdsyoga@live.com

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.