

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



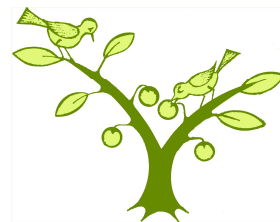
Sarum College is a beautiful, historic house set in the tranquillity of Salisbury's Cathedral Close and is an ecumenical centre for Christian study and research, open to all faiths. Their passion, like ours, is 'learning that nourishes the human spirit'.

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.



**2023**

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

**TSYP\* Teacher-Trainers**

**'Clearing our Yoga Path'**

**A Weekend in Salisbury, 28<sup>th</sup>-30<sup>th</sup> April**

In our next spring retreat, we will be looking both at what our path in Yoga offers us and at what can get in our way.

We embark on our path of Yoga hoping for many things, from a clearer, quieter mind to a reduction of any pain or restriction felt in the body. Freedom from dukkha, avoidance of any further suffering, these are the carrots dangled in front of us.

If our progress is too slow, we feel frustrated and slow down even further. Too rapid progress and we feel disoriented like an egg out of its shell. Then we need to turn back to the teachings and get an honest impression about the state that we're in. What do our symptoms tell us about where we are lost or stuck and how we get through those obstacles and back on the path?

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

\*[www.tsyp.org.uk](http://www.tsyp.org.uk)

## ‘Clearing our Yoga Path’

28<sup>th</sup>-30<sup>th</sup> April 2023

“Someone who is attempting to improve him- or herself and suddenly cannot make any more progress can turn to various sources and techniques for help.” TKV Desikachar

What Mr Desikachar went on to say can be summarised in the two words ‘space’ and ‘clarity’. We each have within us the potential to clearly see and understand our own situation and see past our difficulties. He also said that the teaching we need right now may not be the highest, most inspiring ideas. We marvel at the glittering mountain tops of total enlightenment, when in reality we need someone to guide us out of the muddy, brambly foothills.

Enlightened guides are hard to find in today’s world, however, if we know how to read Patañjali’s Yoga Sutra-s or the Bhagavat Gītā, there is plenty of guidance in these ancient texts. There is also the great benefit of stepping away from our daily concerns and spending some quiet time with others of the yoga path, helping ourselves and our fellow-seekers to see around the next corner.

**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](mailto: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 ‘Clearing our Yoga Path’ 28<sup>th</sup>-30<sup>th</sup> April 2023

Name:

Address:

Postcode:

Phone number:

Email address:

Prices until 31<sup>st</sup> January: £375 residential in single room with shared facilities. Ensuite singles £60 extra, subject to availability. A non-refundable deposit of £120 will secure a place (£100 before 23<sup>rd</sup> February).

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

While I am still accepting cheques payable to Michael Hutchinson (Yoga) and sent to Michael at ‘Hafod’ Burney Bit, Pamber Heath, RG26 3TN, please email me [michael@twobirdsyoga.com](mailto:michael@twobirdsyoga.com) for further payment options.

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.