

**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.

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.



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

TSYP* Teacher-Trainers

'Out of the Ordinary'

A Weekend in Salisbury, 26th-28th April

The degree of contentment which we experience yoga practice and indeed life as a whole is determined less by circumstances and more by our mental outlook.

Being an ordinary person living an ordinary life, at least in outward physical terms, isn't fashionable. It seems, looking in the media, that what matters is novelty and excitement and that it's the celebrities whom we need to follow.

But when society faces a challenge, like a war or a pandemic, it becomes clear that celebrity is nothing but froth. The outcome will depend on the millions of ordinary people working each day towards a solution. The same idea applies in our individual lives. Things will work out if we carry on, guided by an inner light.

Liz and Michael will again cover every aspect of Yoga. Our practice sessions will incorporate āsana, prāṇāyāma (based on Michael's 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

‘Out of the Ordinary’

26th-28th April 2024

“When I watch three people doing the same procedure, I see three different personalities... The whole ambience of the action arises from the difference in mental approach.”

TKV Desikachar, *In Search of Mind*, p41

Is there such a thing as an ordinary, everyday yoga practice? Every day, we step onto our mats in a new state of mind. Instead of keeping looking for new things to practice, can we cultivate a new state of mind? Perhaps all we need do is keep up a small number of everyday practices, while seeing if something, maybe breathing, maybe mantra or nyāsa or a meditation can shift our mental outlook.

And doesn't the same idea apply in all our daily activities, preparing breakfast, washing the dishes and so on? What is going on in the mind affects our experience as much as does anything else. And the same is true of our relationships. The more that we stop and appreciate the people we have around us, the more that appreciation will be returned. Then we will find ourselves more and more content to keep living the same life, but in a way that is eternally fresh.

Travel: Sarum College is about 15 minutes' walk from the train station, with frequent trains from London, Bristol, Exeter and Southampton.

If coming by car, you will be sent directions and the postcodes of people you might like to share with.

Arrivals: From Tea and cake at 4.00pm on the Friday. Introductions and first practice session 4.30-6.00 pm with supper* at 6.30pm.

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 accommodation and out of 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.

Departures: On the Sunday 3.30-3.45pm.

Booking Form for ‘Out of the Ordinary’ 26th-28th April 2024

Name:

Address:

Postcode:

Phone number:

Email address:

Prices: £395 residential in single room with shared facilities (only at this price for booking received by 28th February). A non-refundable deposit of £120 will secure a place.

Balance of £275 is due by 1st April. 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.

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.