

BOOKING FORM:
'POINTS OF POWER'
Saturday 18th May 2019

Name(s)

Address:

Postcode:

Phone:

E-mail:

BWY or TSYP No:

Fee(s) enclosed (£30):

Please give or send a cheque payable to:
M D Hutchinson (Yoga) with this booking form to:

Michael Hutchinson, Hafod, Burney Bit, Pamber
Heath, TADLEY, Hants RG26 3TN
michael@twobirdsyoga.com

or pay by BACS to a/c 30678651 20-05-00, giving
your name

Please circle and enclose SAE if you require:

a map a receipt confirmation

Where did you hear (please circle)?

Yoga South your teacher mail-out

previous day flyer TSYP

'Points of Power'
Draft Schedule
Saturday 18th May 2019

Timing	Activity	Content - DRAFT
9.40 to 10.00	Arrivals	Tea available
10.00 to 10.10	Introduction	The chakras – key points within our presence
10:10 to 10:45	Asana practice	Opening, firming and aligning the body
	5min break	
10:50 to 11:20	Talk & Discussion	Nādī Shuddhi - cleansing our energetic system
11:20 to 12:00	Practice	Accessing our chakras using breath & attention
	20 min break	Tea, biscuits, etc.
12:20 to 12:40	Chanting and discussion	Ayur and Bija Mantras Using Air and Fire
12:40 to 1.00	Closing Practice	Movement and meditation
1.00	Departures	

The next workshop will be on

TBA



A Day of Yoga
with Michael Hutchinson

'Points of Power'

at the Ambrose Allen Centre, Tadley

Saturday 18th May 2019

10.00am – 1.00pm

Are the chakras real? Certainly, many of the current ideas around chakras, colours, numbers of petals etc., are probably fanciful.

However, through my practice over many years I have come to realise that chakras exist and are very important centres of energy and feeling, apparently co-located with, affecting and affected by our physical bodies.

Since the chakras associate with certain parts of the body this needs to be brought into correct alignment – this is one of the key purposes of āsana. But to then relate to our chakras we need deeper practices especially Prāṇāyāma, Mantra and meditation.

This seminar will be a brief introduction to the chakras, becoming aware of them, improving physical alignment and openness and possibly contacting them directly.

BWY and TSYP teachers may count attending this event as 3 hours CPD.

Venue: The Ambrose Allen Centre,
Franklin Ave, Tadley RG26 4ER.

Directions: The Centre is a short distance
from the traffic lights on the A340, opposite
the Fire Station.

Tadley is about fifteen minutes from both the
M3 Jn6 and the M4 Jn12.

Time: Doors open at 9.40am for a prompt
10.00am start with a 1.00pm finish

Refreshments: Hot drinks and biscuits are
included.

About the tutor:

Michael was certified as a Teacher-Trainer
by Sri TKV Desikachar and serves on the
Committee of TSYP, the Society of Yoga
Practitioners, an organisation currently
accredited with BWY, BCYT and CNHC.

Michael has also run two teacher-training
courses as a British Wheel of Yoga Diploma
Course Tutor. He taught at both the 2nd & 3rd
World Yoga Festivals and will again this
year. Michael travels regularly to the KYM
founded by Srī Desikachar to study with his
senior colleagues who were able to spend
more time with Srī Desikachar and his father.

www.twobirdsyoga.com



Unsolicited testimonial:

“You'll always have my support as
your Yoga Days are so interesting and
enjoyable. I particularly appreciate
your relaxed manner and your
humour and easy style are exactly
right and enable me to listen,
participate and gain so much more
from the helpful information and
practice. I am most grateful to you...
and your teachers!”