

BOOKING FORM:

'FAITH AND COURAGE'

Saturday 7th September 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)?

BWY Yoga South your teacher email

a previous day flyer TSYP

'Faith and Courage'
Draft Schedule
Saturday 7th September 2019

Timing	Activity	Content - DRAFT
9.40 to 10.00	Arrivals	Tea available
10.00 to 10.10	Introduction	Faith and energy
10:10 to 10:45	Asana practice	Feeling open and strong in our posture (s).
	5min break	
10:50 to 11:20	Talk & Discussion	What drains, what builds our energy and resolve?
11:20 to 12:00	Practice	Creating an open, calm disposition, physically and mentally.
	20 min break	Tea, biscuits, etc.
12:20 to 12:40	Chanting and discussion	Ayur Mantra. Our need for persistence.
12:40 to 1.00	Closing Practice	Prāṇāyāma and meditation
1.00	Departures	

The next workshop will be on
Saturday 7th December: 'Peace and Joy'



A Day of Yoga

with Michael Hutchinson

'Faith and Courage'

at the Ambrose Allen Centre, Tadley

Saturday 7th September 2019

10.00am – 1.00pm

Why do we often feel weak and helpless? Patañjali says that if we have Faith, our strength will return. We shall remember what we ought to be doing and in that moment of calm receive the guidance we need.

But often our faith is the wrong faith, in material things, pleasures and distractions. We can even have faith in the idea that we are weak, or do not come up to some required standard. To develop our strengths, we must first believe we have them!

We will take this time to explore how openness, faith and courage can be expressed both in our physical Yoga practice and more inwardly, during moments of study and calm resolve. From there, faith can then spill out into our everyday lives.

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 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!”