

**BOOKING FORM:  
‘EMBRACING CHANGE’  
Saturday 28th March 2020**

**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](mailto: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

**‘Getting Unstuck’  
Draft Schedule  
Saturday 28<sup>th</sup> March 2020**

Timing	Activity	Content
9.40 to 10.00	Arrivals	Tea, biscuits, etc.
10.00 to 10.10	Introduction	The three Duhkha-s
10:10 to 10:45	Asana (breath and movement)	Generating heat to promote inner clearing
	5min break	
10:50 to 11:20	Talk and discussion	Samskara-Duhkha – when we get stuck in an internal loop
11:20 to 12:00	Asana and Pranayama (breath-work)	Becoming aware of our patterns
	15min break	Tea, biscuits, etc.
12:20 to 12:40	Talk and discussion	Patterns, do we change them or replace them?
12:40 to 1.00	Closing Practice and Meditation	Self-study and awareness
1.00	Departures	



# A Morning of Yoga

**with Michael Hutchinson**

**‘Getting Unstuck’**

**at the Ambrose Allen Centre, Tadley**

**Saturday 28<sup>th</sup> March 2020**

**10.00am – 1.00pm**

This will be the second of three workshops on the teachings of the ancient yoga sage Patañjali about what he called Duhkha and which we experience as trouble, pain dissatisfaction, etc.

Patañjali says we can avoid much of this, since it originates from within, from our own attitudes or self-imposed limitations.

Sometimes it is our own repeating patterns that get us into trouble. With Michael, we will explore the ideas and Yoga practices, including positive attitudes, mindfulness and breath-work, that will increase our awareness of these patterns and help us to shift them.

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  
west of 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:**

After teaching Yoga classes and training  
courses for 25 years, Michael was certified as  
a Teacher-Trainer by Sri TKV Desikachar.

He serves on the Committee of the Society of  
Yoga Practitioners, which has close links to  
the Krishnamacharya Yoga Mandiram in  
Chennai founded by Srī Desikachar.

Michael ran two teacher-training courses as a  
British Wheel of Yoga Diploma Course  
Tutor. He taught Pranayama at the last three  
World Yoga Festivals 2017-19.

Michael travels regularly to Chennai to study  
with colleagues who were able to spend more  
time with Srī Desikachar and his father.

[www.twobirdsyoga.com](http://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!”