



A Day of Yoga

with Andy Curtis-Payne and Michael Hutchinson

‘What is Dhyāna?’

On Zoom

Saturday 10th October 2020

10.00am – 4.00pm

The question, what is Dhyāna – meditation is one that preoccupied our late teacher, Sri Desikachar, over many years. It is easy to talk about mindfulness and meditation, but much less easy to approach Dhyāna in practice.

Yet Patañjali defines Yoga as a state of mind, which we can identify as Dhyāna or even Samādhi. It seems that some commitment to both understanding and practising the other Limbs of Yoga is required before we can establish a practice of Dhyāna.

As well as leading meditative practices, Andy and Michael will be sharing ideas both from Sri Desikachar’s writings on this topic and from their recent studies with the senior teacher at the KYM, Mr. S Sridharan.

BWY and TSYP teachers may count attending this event as 5 hours CPD.

‘What is Dhyāna?’: Draft Schedule Saturday 10th October 2020

Timing	Activity	Content
9.45 to 10.00	Logging-in	Zoom link will be sent to registered participants
10.00 to 10.10	Introduction	What is Dhyāna and how is it to be found?
10:10 to 10:30	Nyāsa (mantra and movement)	Clearing inner space for study and reflection
10:30 to 10:50	Talk and discussion	Prāṇāyāma, cultivating a sattvic state of mind
10:50 to 11:20	Prāṇāyāma & Dhāraṇā (focus)	Ujjāyī/Anuloma with very light Bandha
	5 min break	
11:25 to 11:50	Talk and discussion	Outer Limbs, Yama, Niyama and Asana
11:50 to 12.30	Practice on a theme of steadiness	Chant in Asana, ratio in Prāṇāyāma, Dhyāna on a simple object.
	Lunch: 1 hour	
1.30 to 1.50	Chant	Krishnamacharya’s Yogañjalisāram, verse 27
1.50 to 2.15	Talk and discussion	The three components of Dhyāna; suitable objects
2.15 to 2.50	Nyāsa, Prāṇāyāma and Dhyāna	With/on mantra and a focus on letting-go
	10 min break	
3.00 to 3.15	Questions	In search of ‘mind’
3.15 to 4.00	Complete practice, Asana to Dhyāna	Capturing the experience of inner calm
4.00	Log out	

Suggested Reading:

‘In Search of Mind’ by TKV Desikachar

‘What is Dhyāna?’

Saturday 10th October 2020

Fee: £30 per person please* – on receipt and again just before the event you will be sent the Zoom link and password.

Please pay by BACS to a/c 30678651 20-05-00, giving your name and alerting me by email.

Or via PayPal to twobirdsyoga@live.com

Or post a cheque payable to M D Hutchinson (Yoga) with your name and email to: Michael Hutchinson, Hafod, Burney Bit, Pamber Heath, TADLEY, Hants RG26 3TN

About the tutors:

Both Andy and Michael were certified as Teacher-Trainers by Sri TKV Desikachar and have run Diploma courses for TSYP or BWY.

Both serve on the Committee of TSYP; Andy was its founding Chairman and helped maintain the close links TSYP has with the Krishnamacharya Yoga Mandiram in Chennai founded by Srī Desikachar.

Andy and Michael have both taught at both the European Yoga Congress and the World Yoga Festival. They both travel regularly to Chennai to study with colleagues who were able to spend more time with Srī Desikachar and his father.

www.twobirdsyoga.com

*please contact Michael if you wish to attend but are suffering loss of income at present