



A Day of Yoga

with Michael Hutchinson and
Liz Murtha

**‘The True Discovery of Oneself’
(Part One) on Zoom**

Saturday 15th May 2021

10.00am – 4.00pm

This will be the first of two linked full-day Zoom seminars completing our study of ‘In Search of Mind’, from which we will pick our theme, ‘Yoga is the True Discovery of Oneself’. I shall teach the mornings, Liz the afternoons – from Ontario!

At the start of his 2nd chapter, Srī Patañjali introduces a 3-fold Kriyā Yoga, to help the student who is initially less focussed to access meditation. Tapas, its first aspect, can mean whatever discipline, such as āsana or prāṇāyāma, can helpfully be followed.

These two Days, however, will focus on Kriyā Yoga’s other aspects, starting with Svādhyāya. Its purpose is to clear the mind since, without this clarity, meditation is not possible. The first step is to reduce our tendency to distraction. Once we can begin to see, we must check for any distorted vision caused by our habitual associations. Can our relationships with others help us to see things any straighter?

‘Discovery of Oneself’: Schedule Saturday 15th May 2021

Timing	Activity	Content
9.45 to 10.00	Logging-in	Zoom link will be sent to registered participants
10.00 to 10.10	Introductions	What is Svādhyāya?
10:10 to 10:50	Nyāsa (mantra and movement)	Clearing inner space for reflection
10:50 to 11:30	Talk and discussion	Clearing the mind through learning to focus.
	10 min break	
11:40 to 12:20	Practice	Asana, Mantra (Sarva Śāntā - part) and Dhyāna
12:20 to 12.30	Summary	Questions and Answers
	Lunch: 1 hour	
1.30 to 1.45	Chant	Sarva Śāntā
1.45 to 2.15	Talk and discussion	How can our relationships be a mirror to ourselves?
2.15 to 2.55	Asana and Prāṇāyāma	Can breaking habits lead to new discoveries?
	10 min break	
3.05 to 3.30	Chant and Study	Patañjali II, 1-11
3.30 to 4.00	Prāṇāyāma, Meditation and Final Chant	Vyāsa’s Chant in Praise of Yoga
4.00	Log out	

Further brief comfort breaks can be included
Further copies of Sri Desikachar’s ‘In Search of Mind’ are on order: £6 incl. P&P within the UK.
BWY and TSYP teachers may count attending this event as 5 hours CPD.

‘The True Discovery of Oneself’ Saturday 15th May 2021

UK participants: £35 (or £60 for both this day and 12th June)

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

Canadian participants: \$60 (or \$100 for both this day and 12th June)

On receipt and again just before the event you will be sent the Zoom link and password.

About the tutors:

Both Michael and Liz were certified as Teacher-Trainers by Srī TKV Desikachar.

Both are Elders 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 Prāṇāyāma at the last three World Yoga Festivals 2017-19.

Liz ran two Yoga Journey courses (these were to assimilate teachers trained elsewhere into this tradition). As well as leading annual weekend retreats jointly with Michael, Liz was until recently running regular day seminars in Somerset.

www.twobirdsyoga.com