



A Day of Yoga

with Michael Hutchinson and
Liz Murtha

‘The True Discovery of Oneself’

(Part Two) on Zoom

Saturday 12th June 2021

10.00am – 4.00pm

Our second of two linked full-day Zoom seminars will complete our study of Srī Desikachar’s ‘In Search of Mind’. Again, I shall teach the morning, Liz the afternoon. The focus this time will be on Īśvara Praṇidhāna.

As Srī Desikachar said, this final Niyama is itself a form of meditation. Whatever success we have in our Yoga practice and teaching we must inwardly place at the feet of our teachers. This practice keeps our mind clear to receive further insights and self-observations.

He also linked it to Patañjali’s teaching on Japa (Ch I, 23-28). Dedicated repetition of mantra will help remove even inborn tendencies to error. It also helps to cultivate the steadiness of mental focus essential for meditation.

On the day we shall focus on ways of helping our minds be less changeable, with a focus on Mantra throughout most of sessions on Asana and Prāṇāyāma as well as Nyāsa and Dhyāna.

‘Discovery of Oneself’ Day 2 Schedule Saturday 12th June 2021

Timing	Activity	Content
9.45 to 10.00	Logging-in	
10.00 to 10.10	Introductions	What is Īśvara Praṇidhāna?
10:10 to 10:50	Nyāsa (mantra and movement)	Clearing inner space for reflection
10:50 to 11:40	Talk, break-outs and discussion	Is all the credit somehow traceable to our teachers?
	10 min break	
11:50 to 12:20	Practice	Asana, Mantra and Dhyāna
12:20 to 12.30	Summary	Questions and Answers
	Lunch: 1 hour	
1.30 to 1.45	Chant	Patañjali I, 23-28
1.45 to 2.35	Talk, break-outs and discussion	Īśvara and Japa
	10 min break	
2.45 to 3.45	Asana and Prāṇāyāma and Meditation	Meditative practice on Sūrya.
3.45 to 4.00	Feedback on the two days	Plus 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’ Day 2, Saturday 12th June 2021

UK participants: £35 (unless you’ve already paid £60 for both this Day and 15th May)

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 15th May)

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