

**BOOKING FORM:
'PEACE POSITIVE'**

Saturday 11th September 2021

Name(s)

Address:

Postcode:

Phone:

E-mail:

Fee: £50 (or £45 for BWY, AYS or TSYP Members)

Please ask me to reserve you a place.:

email: twobirdsyoga@live.com

WhatsApp: 07711941183

Either I can let you have BACS details or you can pay me via PayPal.

And you can still send me cheques or even pay me in cash if we meet before the event!

**'Peace Positive' Draft Schedule
Saturday 11th September 2021**

Timing	Activity	Content
9.45 to 10.00	Logging-in	
10.00 to 10.10	Introductions	What is Peace?
10.10 to 10.50	Breath and mantra in āsana & nyāsa.	Clearing out and away any inner disturbances
10.50 to 11.40	Talk, break-outs and discussion	What situations help us to contact a feeling of peace?
	10 min break	
11.50 to 12.20	Practice, developing our sensitivity	Asana, Mantra and Dhyāna
12.20 to 12.30	Summary	Questions and Answers
	Lunch: 1 hour	
1.30 to 1.45	Chant	Śānti Pāṭaḥ and Patanjali, II, 33-35
1.45 to 2.35	Talk, break-outs and discussion	Harmony, non-harm and compromise.
	10 min break	
2.45 to 3.45	Poems, Prāṇāyāma and Meditation	Meditative practice on Peace as a Presence
3.45 to 4.00	Feedback	Plus the Mahā Vākya
4.00	Log out	

Further brief comfort breaks can be included

There will be a lunchtime bookstall offering both a box of second-hand books (donations please to Red Cross India Covid Appeal) or new books for sale, many brought from India

A Day of Yoga

with Michael Hutchinson

'Peace Positive'

**at the Ambrose Allen Centre,
Tadley, Hampshire RG26 4ER**

Saturday 11th September 2021

10.00am – 4.00pm

What is peace? Is peace merely the absence of disturbance? Or is peace a more positive presence? The Bhagavat Gītā speaks of a Yoga 'that gives peace from all pain' (tr J. Mascaro). Patañjali says we can each develop a peace-making presence. And in the words of Jesus 'my peace I give unto you: not as the world giveth, give I unto you.'

So peace is real in itself, but not a worldly thing. We can feel it when it's there, but we can't quite describe it. The plan is to spend a day together, remembering the tragic events of 20 years ago, but exploring how each of us can, in a small way, become a peacemaker.

Yoga practices that focus on harmony through movement, breath-work and stillness, break-outs for discussion and short presentations will be rounded out by chanting of peace mantras, poetry and meditation.

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

Venue: The Ambrose Allen Centre,
Franklin Ave, Tadley RG26 4ER.

Directions: Tadley is about 15 minutes
from both the M3 Jn6 and the M4 Jn12.

The Centre is a short distance west of the
traffic lights on the A340, opposite the Fire
Station. Frequent buses from Basingstoke.

Time: Doors open at 9.40am for a prompt
10.00am start with a 4.00pm finish

Refreshments: Hot drinks and biscuits are
included. Preferably, bring your own lunch or
shops are five minutes' walk.

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 Sri 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 and will be
teaching this year at the postponed 5th WYF.

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!”