

BOOKING FORM:
'CYCLE OF THE BREATH'
Saturday 2nd April 2022

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.

You can still send cheques to me at

Hafod, Burney Bit, Pamber Heath RG26 3TN
 or pay me by either cash or card if we meet before the event

'Cycle of the Breath' Draft Schedule
Saturday 2nd April 2022

Timing	Activity	Content
9.45 to 10.00	Arrivals	
10.00 to 10.10	Introductions	Understanding our NBC (natural breathing cycle)
10.10 to 10.45	Breath and Movement	Remedying and re-establishing our NBC
10.45 to 11.25	Talk and discussion	The mechanism of our breathing cycle
	10 min break	
11.35 to 12.15	Asana and prāṇāyāma	Aligning our practice with our NBC
12.15 to 12.30	Relaxation/Pratyāhāra	And how our NBC can affect or facilitate this
	Lunch: 1 hour	
1.30 to 1.45	Chanting*	Fire, Breath and Voice, Five Elements
1.45 to 2.35	Effects and Causes	Dealing with breathing cycle disturbances
	10 min break	
2.45 to 3.45	Prāṇāyāma and Meditation	Mudrā, Bandha and Meditation on our NBC
3.45 to 4.00	Feedback	
4.00	Departures	

*If you wish to join in the chanting, please take a Lateral Flow Test from 2pm on 1st April

Further brief comfort breaks can be included

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

A Day of Yoga

with Michael Hutchinson

'The Cycle of the Breath'

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

Saturday 2nd April 2022

10.00am – 4.00pm

What is our natural 'quiet' breathing cycle, according to experimental data on respiratory physiology? Where and how does a relaxed, effective breath start and end? This may surprise you! How does our traditional understanding of Yoga breathing align with these modern findings?

I shall be drawing both on my studies with TKV Desikachar and others senior in the Krishnamacharya tradition and on my recent research into modern respiratory physiology to offer you a day spent exploring the ways we work with our breath in Yoga and how these align with our natural breathing cycle.

These range from remedial work to help re-establish our breathing cycle to ways in which we build on and work with this natural cycle to experience both Prāṇāyāma 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 Srī TKV Desikachar.

Michael is an Elder 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 and again last
year at the postponed 5th WYF. His book on
remedial breathing is nearly complete.

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!”