

**BOOKING FORM:
FINDING INNER SPACE**

Saturday 10th September 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

**Draft Schedule for 'Finding Inner Space'
Saturday 10th September 2022**

Timing	Activity	Content
Arrivals		
10.00 to 10.20	Introduction	How are we to cope?
10:20 to 11:00	Asana	Gentle letting-go and space-clearing practices
20min break		
11:20 to 11:40	Presentation	Patañjali and the Distracted Mind
11:40 to 1:00	Asana & Pranayama	Developing feelings of inner security
1hr lunch		
1:45 to 2:15	Releasing Chanting	Desikachar's Pañcamaya-śloka
2:15 to 2:45	Presentation	Types of inner restriction
2:45 to 3:10	Pranayama	Daily contact with your Inner Space
10min break		
3:20 to 3:30	Presentation	Appreciating your breath
3:30 to 3.55	Closing Practice ...	Handout to continue clearing at home
Departures		



A Day of Yoga

with Michael Hutchinson

'Finding Inner Space'

at the Ambrose Allen Centre, Tadley,

Saturday 10th September 2022

10.00am – 4.00pm

The extent to which we have a feeling of inner space can very strongly influence the way we respond to everyday pressures. This inner feeling is easier to find in quiet, open spaces, where we are not confronted with conflicting demands, but it is not impossible to maintain at least some feeling of inner space at all times.

18 centuries ago, Patañjali taught that it is Duhkha, an inner feeling of restriction, which leads us to speak or act in ways that are unhelpful both to others and to ourselves. As well as consulting his Yoga Sutra, we will explore ways in which our Yoga practice, be it asana, pranayama, meditation or chanting can help us to locate, clear, maintain and above all feel more inner space and respond to situations with more calm and detachment.

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 looking for a publisher.

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!”