



A Morning of Yoga

with Michael Hutchinson

‘Peace and Joy’

On Zoom

Saturday 3rd December 2022

10.00am – 1.00pm GMT

The Taittirīya Upanishad lists five levels of our embodiment, from the grossest level of the body built from food to Ānanda, our innermost level, the abode of peace and joy.

However, next to this level in subtlety and habitually concealing it is the higher mental level where resides our judgement but also prejudice, responsibility but also selfishness.

Busyness at this level plus distraction at the next outer level of sense-perception make any awareness at the level of Ānanda a rare experience, most often evoked by feelings of awe and wonder, or oneness with the world.

How can we visit this inner oasis more often? This is the question addressed by our Yoga practice, the deepest reason behind all those exercises with the body and the breath. How can our practice have a more inward effect?

Open to all Yoga students. BWY and TSYP teachers may count attending this event as 3 hours CPD.

‘Peace and Joy’ Draft Schedule Saturday 3rd December 2022

Timing	Activity	Content - DRAFT
9.40 to 10.00	Arrivals	Tea available
10.00 to 10.10	Introduction	The five levels of our embodiment
10:10 to 10:45	Asana practice	Shifting our focus from the head to the heart
	5min break	
10:50 to 11:20	Talk & Discussion	When can we feel wonder, see ‘heaven in a wild flower’? (William Blake)
11:20 to 12:00	Practice	Attentiveness to the most subtle details of breathing and movement.
	20 min break	Tea, biscuits, etc.
12:20 to 12:40	Chanting and discussion	Virajā Mantra. Is there a part of the mind that actually wants to be quiet?
12:40 to 1.00	Closing Practice	Prāṇāyāma and meditation
1.00	Departures	

‘PEACE & JOY’ Saturday 3rd December 2022

Fee £15 per person please – on receipt you will be sent the link and the password.

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 Please tick to say you trust me, or PayPal takes a cut!

Or send a cheque payable to M D Hutchinson (Yoga) with your name and email to:
Michael Hutchinson, Hafod, Burney Bit, Pamber Heath, TADLEY, Hants RG26 3TN

michael@twobirdsyoga.com

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 Srī Desikachar.

Michael ran two teacher-training courses as a British Wheel of Yoga Diploma Course Tutor. He taught Pranayama at the four World Yoga Festivals 2017-21.

Michael’s book ‘Breath For Health’ is due to be published in 2023 by John Hunt under the O Books imprint.

www.twobirdsyoga.com