

# AUTUMN YOGA RETREAT

The Society of  
Yoga Practitioners



Friday 18<sup>th</sup> to Sunday 20<sup>th</sup> November 2022

At Sarum College, Salisbury, our meetings and practice sessions will be in a room overlooking the Cathedral and the Close.

## 'BEING STILL IN A WHIRLING WORLD'

Offering our usual mix of āsana, prāṇāyāma and chanting sessions, suited to the time of day, alternating with short presentations following by group discussions on keeping a steady course in life.

Most of all, a friendly, relaxed break, fully catered and with time for reflection away from today's fraught world!

**Led by Michael Hutchinson and Andy Curtis-Payne  
both appointed as Teacher-Trainers by Srī TKV Desikachar**

Package for 2 nights including full board, a single room and all sessions: £375.

Details at [www.twobirdsyoga.com](http://www.twobirdsyoga.com) or from [michael@twobirdsyoga.com](mailto:michael@twobirdsyoga.com)