

BOOKING FORM

Name :

Address :

Post code :

Telephone :

Email :

Length of Yoga experience :

I prefer a Single Room : Yes No

I would like to share with :

Special dietary requirements :

Deposit : £100.00 Full amount : £295.00

The balance is due before 1st August 2011 .

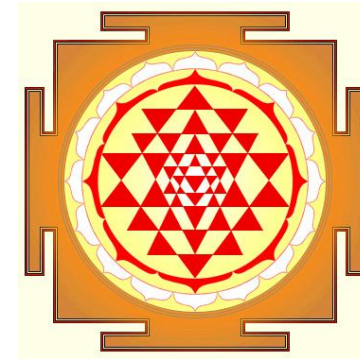
Full programme details will be sent out nearer the time.

Please return this form to :

Sheffield Satyananda Yoga School
16 Robertson Drive,
Sheffield.
S6 5DY

INNER SILENCE

Awareness in Yoga & Meditation



with

SWAMI JANAKANANDA

&

MA SITA SAVITRI

WHIRLOW GRANGE

SHEFFIELD

23rd – 25th September 2011

Inner Silence : Awareness in Yoga & Meditation

During this very special weekend we will work with Antar Mouna and a fundamental concept in meditation of 'Returning'.

"The Spiritual attitude is over and over again to return to the Great Harmony" - Swami Satyananda

We will support this with other practices: Yoga nidra, meditation based on the psychic breath, asana, pranayama, lecture / satsang and kirtan.

Swami Janakananda

Swami Janakananda first met Swami Satyananda in 1968 and followed him to India where he spent two years training and travelling with his teacher.

On his return to Denmark, he founded the *Scandinavian Yoga and Meditation School*.

Together with the teachers he has educated, Swami Janakananda has strongly influenced the use of yoga and meditation in Northern Europe.

Swami Janakananda now lives in Sweden where, apart from teaching meditation, he collaborates with various scientists, researching the benefits of yoga and meditation.

Over the years, many people have been inspired by his clear way of showing how yoga and even advanced yoga and meditation can be used as effective tools for everyday life today.

Swami Janakananda has published several guided meditation and relaxation CD's.

His book, "*Yoga, Tantra and Meditation in Daily Life*" has made him internationally acknowledged as an independent and consistent guide in yoga.

He will be assisted in his teaching by **Ma Sita Savitri**, an excellent and well respected teacher who lives and teaches at the Haa Yoga & Meditation Centre in Sweden.

The venue

Whirlow Grange is located on the outskirts of Sheffield, right next to the stunning Peak District National Park.

It is a Spiritual Retreat Centre set in its own peaceful grounds. There is easy access to Whirlow Park, five minutes walk away.

Accommodation

Accommodation for the weekend includes full board.

There is a choice of single, twin or double rooms, all en-suite.

Costs

Single / Twin / Double room: £295.00.

The charge for the weekend is per person, so there is no discount for sharing.

Reservations

To reserve a place, please fill in the booking form overleaf and return it with a deposit of £100.00.

ॐ Cheques are payable to 'Sheffield Yoga School'

ॐ Send to : 16 Robertson Drive, Sheffield. S6 5DY

Places are limited and this will be a very popular weekend.

For further details

- Email : info@sheffieldyogaschool.co.uk
- Tel : 0114 2338340
- Website : www.sheffieldyogaschool.co.uk