

BOOKING FORM

Name :

Address :

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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 : £250.00

The balance is due before 1st January 2012 .

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

Meditation Techniques

from

Sri Vijnana Bhairava Tantra



with

**SWAMI
ANANDANANDA**

Wortley Hall
SHEFFIELD

9th – 11th March 2012

Sri Bhairava Tantra

Concentration for the Expansion of Awareness

This ancient text comprises 112 different dharanas, or meditation techniques, which can easily be incorporated into daily life. Many are as simple as they are profound.

Swami Anandananda has been directed by the Bihar School of Yoga to spread knowledge of these wonderful teachings.

The weekend will involve practical as well as theoretical sessions. There will be a havan (or Fire Ceremony) on the Saturday evening.

Swami Anandananda

Swami Anandananda is a luminary of Satyananda Yoga. He met his guru and spiritual master, Swami Satyananda Saraswati, in 1979.

Since 1980 he has been teaching Yoga under the instruction of his guru, specialising in advanced techniques like Kriya Yoga, Tattwa Shuddhi, Nada Yoga, Mantra and other meditation techniques.

In 1982 he founded 'Satyananda Ashram Italia'. He has given seminars and workshops at conferences world wide, as well as conducting Yoga Teacher Training courses.

Swami Anandananda is a teacher of the highest quality. This is a very rare opportunity to work with him in the UK.

The venue

With a history over 500 years, Wortley Hall is a superb venue for a residential Yoga retreat.

Located near Junction 36 off the M1 it offers four star accommodation and excellent vegetarian food.

With peaceful gardens, luxurious rooms and top quality facilities, Wortley Hall helps make this weekend even more special.

Accommodation

Accommodation for the weekend includes full board.

There is a choice of single, twin or double rooms, all en-suite. There are additional places for partners or friends who would like to spend a weekend walking or relaxing in this beautiful location.

Costs

Single / Twin / Double room: £250.00. All rooms are en-suite. The charge for the weekend is per person, so there is no discount for sharing. All rooms are excellent!

Those not taking part in the Yoga : £190.00

Reservations

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

- ☪ Cheques are payable to 'Sheffield Yoga School'
- ☪ Send to : 16 Robertson Drive, Sheffield. S6 5DY

It would be helpful if you can return the booking form and deposit as soon as possible.

Places are limited and this is likely to be a popular weekend.

For further details

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