

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 : £50.00 Full amount : £230.00

The balance is due by February 15th .

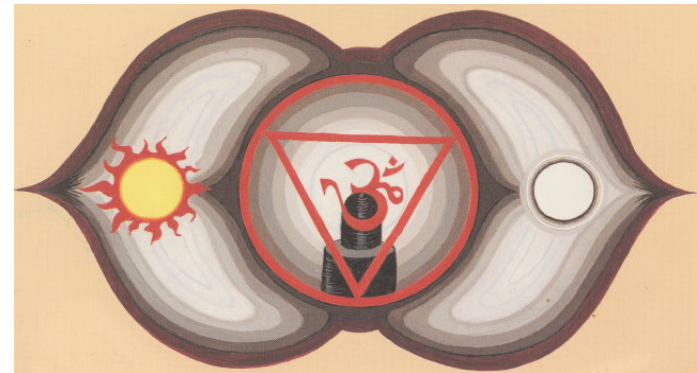
Full programme details will be sent out nearer the time.

Please return this form to :

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

DRASHTA

Discovering the Seer Within



with
SWAMI PRAGYAMURTI

WORTLEY HALL
near **SHEFFIELD**

18th – 20th March 2011

Drashta : Discovering the Seer Within

"Once the mind is managed and guided, a person becomes the seer, the observer, and that observer establishes himself or herself in their own true nature".

The Yoga Sutras of Patanjali Chapter I Verse iii

"When awareness is developed, it makes one the drashta, the knower, the observer of all that goes on inside. This drashta, the seer, then becomes the controller or guide of actions, of attitudes, of behaviour, and you find your balance in life.

One who is able to find their balance is known as a yogi. A yogi is not a person who practises yoga, a yogi is a person who has been able to find inner balance. "

Swami Niranjanananda Saraswati

Swami Pragyamurti

Swami Pragyamurti has been teaching Yoga for over 30 years under the guidance and inspiration of her guru Swami Satyananda Saraswati.

Her warmth and wisdom demonstrate how the Indian tradition of Sannyasa can be integrated successfully with life in a busy Western city.

This weekend is an opportunity to work closely and intensively with an internationally respected and much loved Yoga teacher.

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.

Set in 26 acres of beautiful, peaceful gardens, with 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: £230.00. **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 : £175.00

Reservations

To reserve a place, please fill in the booking form overleaf and return it with a deposit of £50.00.

- ☪ 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

This leaflet can be down loaded from :

www.sheffieldyogaschool.co.uk