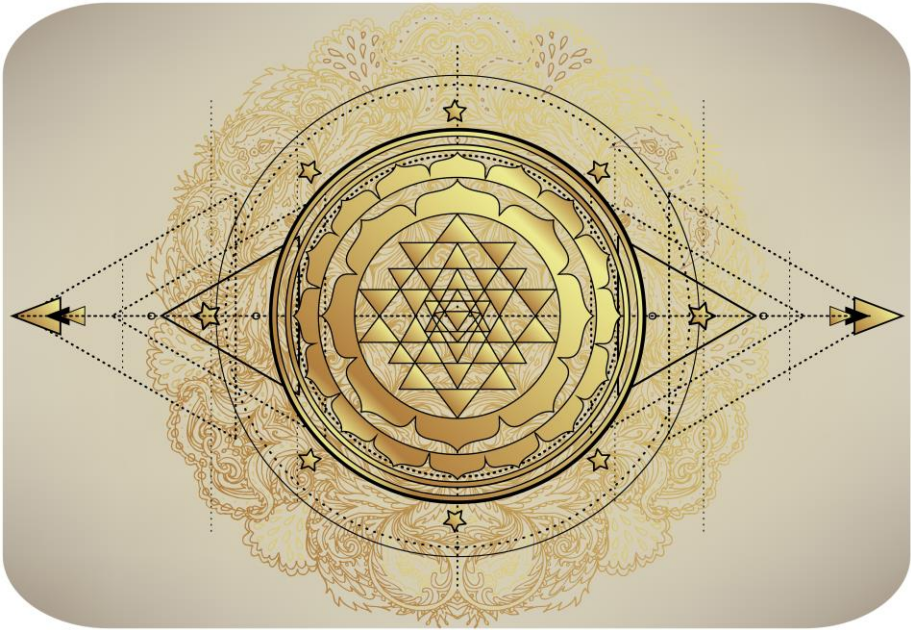


BE HERE NOW! LIVING YOGA



Swami
KRISHNAPREMANANDA

WORTLEY HALL
near SHEFFIELD

11th – 13th November 2022

Be Here Now!

We often think of yoga as simply the practices we do on the mat. But if we go deeper our eyes can open to yoga's true promise, to aid in awakening our life's full potential.

This weekend is an opportunity to step back from daily responsibilities and let go into the guided practice of asana, pranayama, mudra, bandha, yoga nidra, and meditation. This will include practices (and attitudes) that can be used in the crucible of daily life to create space into which we can let go for a few moments, minutes or longer.

We will draw upon key teachings from classical yoga texts such as *The Bhagavad Gita* and *The Vigyana Bhairava Tantra*, to inform both our practice and understanding of Yoga.

The present moment is all we have. Yet we so often live elsewhere, caught up in our own world of past and future. Yoga teaches us to live more in the present and thereby be more available to life as it is.

This retreat will explore our relationship with time as well as the nature of the mind space, through which we interpret and make sense of the world around us. There will be a focus on the heart space and our emotional landscape which significantly influences, and is influenced by, our daily interactions.

The Teacher

Swami Krishnapremananda has been living and teaching in the *Mandala Yoga Ashram* in Wales for many years. He is a senior teacher within the Ashram and directs its Yoga Teacher Training Course.

His experiential understanding has continued to mature over the years through ongoing contact with inspirational teachers, combined with sustained and dedicated practice.

Whilst living in the Ashram, he has trained in many aspects of yogic study and practice, gradually deepening his capacities to deliver the teachings to others in a clear and accessible way, and endeavouring to imbibe and live the spirit of Yoga in and through daily life.

The venue & accommodation

Wortley Hall is a superb venue for a residential Yoga retreat. Located near Junction 36 off the M1 it offers four star accommodation, excellent vegetarian food and 26 acres of beautiful and peaceful gardens.

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 : £270.00.

The charge for the weekend is per person, there is no discount for sharing. Everyone can have a single room.

Those not taking part in the Yoga : £200.00

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 'SYS Courses'
- ॐ Send to : 16 Robertson Drive, Sheffield. S6 5DY
- ॐ Contact us to pay by bank transfer.

Early booking recommended.

For further details

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

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 : £270.00 ☐

The balance is due by 1st October 2022

Full programme details will be sent out nearer the time.

Please return this form to :

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