

**PRANAYAMA**  
**The Power to Heal,  
Harmonise & Energise**



with

**Philip Xerri**

**WORTLEY HALL**  
near **SHEFFIELD**

**15<sup>th</sup> – 17<sup>th</sup> February 2019**

## The Course

This weekend has a strong focus on the use of Pranayama for healing. The practice of *Pranava AUM* will be central, taking it through to its final conclusion of 'directional healing', a practice rarely taught.

Pranava AUM is a simple practice involving breathing, mudra & mantra. It is also a profound and powerful technique, one we can learn and use to enhance our own health and healing.

There will be *Rhythmical Breathing*, *Nadi Shodhana*, and healing variations of *Classical Pranayamas*. We will also work with some of the more advanced *Pranayama Kriyas* (movement of the body's main energy flows via Rhythmical Breathing & visualisation).

The posture work includes asanas which develop awareness & control of breathing and improve respiratory function. Breathing is fundamental to health & well-being and anything we do to enhance our breathing brings huge benefits to our lives.

As always there will be meditation & Yoga Nidra.

## The Tutor :

**Philip Xerri** has been teaching for us for many years and we are really pleased to welcome him to lead our annual retreat in Wortley Hall.

Philip is one of the leading authorities on Pranayama in the UK. He originally trained with Swami Gitananda in Pondicherry 1981 and has been teaching Yoga & Pranayama for over 30 years.

Breathing & Pranayama is central to Philips teaching and he weaves it into all aspects of Yoga practice. This brings a wholeness & integrity to the practice which is harmonising and healing in itself. This will be a very good weekend!

## 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, excellent vegetarian food and 26 acres of beautiful and peaceful gardens.

## 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 : £260.00.

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

Those not taking part in the Yoga : £195.00

## 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 for details to pay by bank transfer.

Early booking recommended.

## For further details

- Email : [info@sheffieldsyogaschool.co.uk](mailto:info@sheffieldsyogaschool.co.uk)
- Tel : 0114 2338340

This leaflet can be down loaded from :

[www.sheffieldsyogaschool.co.uk](http://www.sheffieldsyogaschool.co.uk)

# 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 : £260.00

*The balance is due by 10<sup>th</sup> January 2019.*

*Full programme details will be sent out nearer the time.*

Please return this form to :

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