

# A Fine Balance



## Approaching Chakras & Tattwas

Swami Shraddhamurti &  
Swami Chetanmurti

Peak District National Park, near Sheffield

**27<sup>th</sup> – 29<sup>th</sup> September 2019**

## About the Course

In this course we will be applying some of the formidable techniques from our Yoga Toolbox to edge closer to seeing and using those hidden dimensions of ourselves and our being.

We will focus on *Chakras* (energy centres) and *Tattwas* (elements) in particular; when we start looking we might find that these more subtle aspects of our being are actually right in front of us!

This will be a weekend of exploration and rethinking. Central to the teaching will be making the practices & the philosophy relevant to daily life.

These weekends offer an ashram-like environment in which we make the time and space necessary for going deeper into our Yoga practice. We are well away from the distractions of modern life (no internet, no mobile signal), and that in itself is a blessing. The peace and quiet we find in nature reflects the harmony we find in Yoga.

## Swami Shraddhamurti & Swami Chetanmurti

We have two great teachers for this weekend. They taught a fantastic weekend for us a few years ago and we are so pleased to have them back.

Swami Shraddhamurti & Swami Chetanmurti spent time in the Scandinavian Yoga School before being initiated by Swami Satyananda in India in 1982. Together they founded the Galway Yoga & Meditation Centre, running classes, residential courses and Satyananda Teacher Training courses.

This is a rare chance to work in the UK with these very highly respected and experienced teachers.

## The venue

The venue for this weekend is situated in the Peak District National Park, just outside Sheffield. It is a beautiful location with stunning views and walks.

We have exclusive use of the accommodation & facilities and our nearest neighbour is a mile away!

## Accommodation

The rooms at the centre are basic but clean and comfortable. All bedding is provided. There are a few twin rooms and some shared rooms; single rooms are not available. Camping / camper van is possible if you prefer but the fee is the same.

We will be self-catering so the food will be wholesome, vegetarian and very good indeed!

## Costs

The charge for the weekend is **£200.00** per person. This includes accommodation, full board and the highest quality Yoga teaching.

## Reservations

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

- ॐ Cheques are payable to '**SYS Courses**'
- ॐ Post to : 16 Robertson Drive, Sheffield. S6 5DY
- ॐ Contact us for payment by bank transfer.

## For further details

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

## BOOKING FORM

Name : .....

Address : .....

.....

Post code : .....

Telephone : .....

Email : .....

Special dietary requirements : .....

Deposit : £100.00       Full amount : £200.00

Cheques payable to : SYS Courses

*The balance is due before 1<sup>st</sup> September 2019.  
Full programme details will be sent out nearer the time.  
For terms & conditions please ask.*

Please return this form to :

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

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