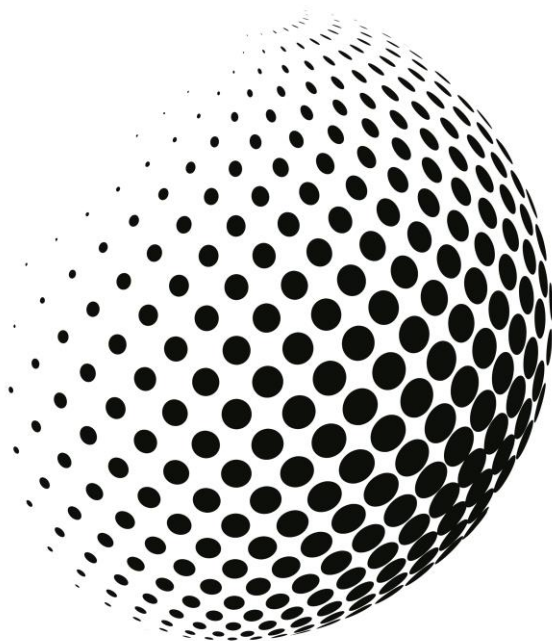


LIVING YOGA : CREATING SPACE



with

Hannah Penn & Chris Noon

WORTLEY HALL

near SHEFFIELD

28TH Feb – 1st March 2020

The Course

We often have the feeling that life is going too fast and it would be nice to 'stop the bus', to find a bit of time to just 'be'. A Yoga weekend can give us this bit of space.

In this weekend we will take time to go a bit deeper and explore our inner world, in particular the Heart Space (*Hridayakasha*) and the Mind Space (*Chidakasha*).

We will use the luxury of space in our lives to consider ideas from *The Yoga Sutras* and from *The Upanishads* about 'who' we really are.

We'll raid the Yoga toolbox for practices we can use to find space in our day to day lives - Mudras, Mantra, Pranayama and the space between the breaths! As always there will be asana, Yoga Nidra, chanting & kirtan, as well as time for walking and reading.

A weekend like this is a space where we can come together, a space to meet old & new friends in our Yoga community, to nourish and inspire us for the year ahead.

The Teachers

Hannah Penn & Chris Noon are qualified British Wheel of Yoga and Satyananda Yoga teachers. They fortunate to have trained extensively with the highest quality teachers in India and in Europe.

Together they run Sheffield Yoga School, providing a wide range of Yoga classes, workshops, weekends and courses.

Hannah & Chris aim to make Yoga accessible to as wide a range of people as possible; they teach Yoga as a practical system through which we can live our lives to the full.

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.

“Yoga is the space where flower blossoms.” Amit Ray

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, 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@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 : £260.00 ☐

The balance is due by 15th January 2020.

Full programme details will be sent out nearer the time.

Please return this form to :

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