

AKASHA

A Yogic Exploration of Space



with

SWAMI VEDANTANANDA

Peak District National Park, near Sheffield

20th – 22nd April 2018

Akasha

Akasha means 'space'. It is the most subtle of the five elements (or 'tattwas') of which the universe is made.

Most subtle is the space within us, the space with which we connect in our meditation practice. In meditation we are most used to experiencing Chidakasha (the 'mind space', or the space of consciousness) and Hridayakasha (the 'heart space') but there are more.

When we journey into this inner space we discover aspects of ourselves which are often hidden in the busy-ness of modern life.

We need time, the right environment and a guide for this inner exploration. The aim of this weekend is to bring these conditions together for an exploration of inner space.

Swami Vedantananda

Swami Vedantananda is an internationally respected and much loved Yoga teacher. She is known for her humour and her practical, down to earth approach.

A leading light of Satyananda Yoga, she has taught for over 40 years in Yoga Centres worldwide. She currently lives in Portugal where she runs retreats & courses.

There are many Yoga teachers nowadays but very few with the knowledge and experience necessary to lead us through the deeper, more esoteric Yoga practices. Swami Vedantananda is one of those teachers and we are lucky to have her!

The venue

The venue for this weekend is situated in the Derwent Valley, Derbyshire, 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 twin rooms and shared rooms; single rooms are not available. Camping 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 **£195.00** 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.

Please return the booking form and deposit as soon as possible. Places are limited and this will be a popular weekend.

For further details

- ॐ Email : info@sheffieldyogaschool.co.uk
- ॐ Tel : (0114) 2338340

BOOKING FORM

Name :

Address :

.....

Post code :

Telephone :

Email :

Length of Yoga experience :

Special dietary requirements :

Deposit : £100.00

Full amount : £195.00

Cheques payable to : SYS Courses

The balance is due before 15th March 2018.

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