

'IN OUR ELEMENT'

Self Knowledge through the Tattwas



with

BRAHMANANDA

Peak District National Park, near Sheffield

29th Sept – 1st Oct 2017

In Our Element

Tattwa (literally 'that-ness') is the Sanskrit word for those elements of creation which are complete in their own nature.

The Tattwas are essentially responsible for all creation. In combination with the three 'Gunas' (*Sattwa*, *Rajas* and *Tamas*) they bring forth all of Nature. Simultaneously, the Tattwas are fundamental to our ability to interact with, understand and see ourselves as part of Nature.

This residential weekend, in a quiet and natural location, gives the opportunity to go deep in to the exploration of the Tattwas, both externally and internally, from their grossest forms (Earth, Water, Fire, Air and Ether) to their most subtle expressions.

Through this process we learn a great deal about ourselves. We can observe how the personality interacts with the world and relates to our experiences. We can find ways to balance areas that need it through deepening our awareness and experience, by practicing the appropriate techniques and by cultivating the best attitude towards our own process of purification.

The weekend will include a combination of asana, pranayama, mudra, bandha classes, yoga nidra and meditation, mantra chanting and kirtan, havan and of course karma yoga!

The Teacher

Brahmananda lives London, teaching Yoga & Meditation in many different environments. He teaches workshops and courses for Yoga teachers and practitioners; until recently he was a director and course coordinator for *Satyananda Yoga Academy Europe*.

He visits India regularly to continue his study of Yoga, to attend programmes and to practice 'seva'.

Brahmananda is a teacher of great quality. His approach is clear and down to earth; his skill is in bringing light to the more profound and transformative aspects of Yoga.

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.

For further details

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

BOOKING FORM

Name :

Address :

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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 1st September 2017.

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