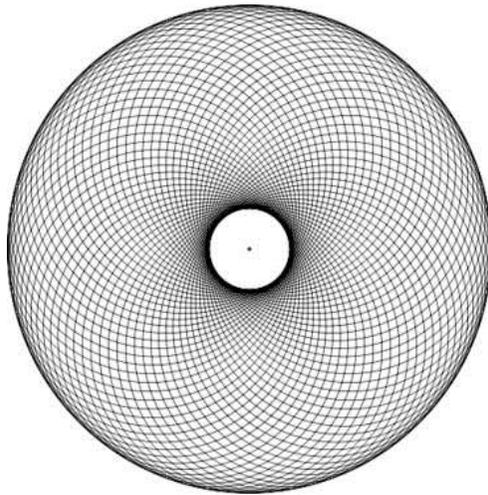


THE POWER of STILLNESS



with

Hannah Penn & Chris Noon

WORTLEY HALL
near SHEFFIELD

23rd – 25th February 2018

"In an age of distraction, nothing can feel more luxurious than paying attention, and in an age of constant movement, nothing is more urgent than sitting still".

Pico Iyer

The Course

This weekend will be a luxurious opportunity to explore the power of stillness in different forms.

In the Asana practice we will look at how dynamic flowing sequences can prepare for finding stillness in the Classical postures.

Pranayama will take guidance from *Vigyana Bhairava Tantra & The Yoga Sutras*, the aim being to effortlessly extend those moments when the body is still and the breath is still. Then the mind becomes quiet and we can explore deeper aspects of ourselves.

Our main meditation practice for the weekend will be the ancient and powerful technique *Kaya Sthairyam* (Body Stillness).

As usual there will be time for other Yoga practices, including Mudra, Mantra and of course, the blissful stillness of Yoga Nidra!

The Teachers

Hannah Penn & Chris Noon both trained first with the British Wheel of Yoga before qualifying as Satyananda Yoga teachers in 2007.

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 Satyananda 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.

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 : £250.00.

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.

- ☺ Cheques are payable to 'SYS Courses'
- ☺ Send to : 16 Robertson Drive, Sheffield. S6 5DY
- ☺ Contact us for details to pay by bank transfer.

Early booking recommended.

For further details

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

This leaflet can be down loaded from :
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 : £250.00

The balance is due by 15th January 2018.

Full programme details will be sent out nearer the time.

Please return this form to :

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