

Residential Weekends
St. Katharine's Parmoor, Frieth,
Henley-on-Thames



St. Katharine's is a beautiful, historic house set in 12 acres of grounds located in the rural tranquillity of the Chilterns and is the home of the Sue Ryder Prayer Fellowship www.srpf.org.uk

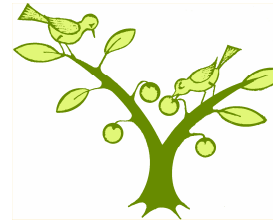
The nearest village is Frieth, the nearest towns are Henley-on-Thames, Marlow and High Wycombe.

All rooms now have en-suite facilities, the staff are very helpful and the vegetarian food of a high standard.

Meetings and practice sessions take place in the large, airy Chapel with views over lawns and fields.

These weekends are open to teachers and committed students.

BWY teachers may wish to log up to 15 hours CPD for a weekend or 5 hours for a day, at their discretion



2010



Autumn Events
with Michael Hutchinson
BWY DCT and Khyf Teacher
and Andy Curtis Payne
Khyf Teacher-Trainer

Sound to Silence: 15th-17th October

Michael will be joined by Andrew Curtis-Payne (Khyf Teacher-Trainer) on a retreat devoted to the practice of mantra. We will be exploring the meditative use of the voice, from simple sound to classical mantra and including the use of mantra in asana and pranayama. Both Andy and Michael will be attending a week of Mantra training with Mr T.K.V. Desikachar prior to offering this focussed retreat.

Mind Your Breath: Saturday 27th November

The breath is with us 24 hours a day, but often we do not know it very well and take it for granted. There is enormous scope within the many practices that come under the heading of Yoga for developing a better relationship with our breath and enabling it to be our friend throughout our yoga practice and into our daily lives, even the most stressful situations.

www.khyf.net

Sound to Silence: 15th-17th October

This weekend will have the potential to improve your confidence in chanting, help your Sanskrit pronunciation and strengthen your voice generally. While focussing on Vedic chanting, Tantric chanting will be briefly contrasted, and practical sessions will range from dynamic asana sequences with simple sounds through to appropriate Mantra and pranayama practice to lead into silent meditation.

Arrivals: From tea at 3.30pm on Friday for introduction and practice session 4.00-6.00 pm and dinner at 7.00pm.

Departures: After tea at 3.30pm on Sunday. If you need or wish to share a lift, phone Michael on 0118 970 1308 or preferably e-mail michael@twobirdsyoga.com nearer the date.

Directions: please send an SAE with your deposit, or consult the St. Katharine's website www.srpf.org.uk.

Accommodation This may be in a shared room, unless otherwise requested.

Mind Your Breath: 27th November

St Paul's Parish Rooms, Reading Road, Wokingham

Yoga practice is not only about the body but intimately involves both the breath and the mind. And if one of these is calmed, then so is the other (Hatha Yoga Pradipika II, 2). On this Day we will explore all the ways in which attentive breathing can enhance our Yoga practice, be it asana, pranayama, meditation or chanting, and look beyond our mats and cushions to ways in daily life in which our breath can help us.

Arrivals: from 9.30am, departures at 4.00pm.

Teas, coffees and biscuits provided. Please bring packed lunch, practice mat, blocks, blankets, cushions etc.



Booking Form for TBY Events Autumn 2010 15th -17th October and 27th November

Event requested (please copy this form if booking for both events)

Name:

Address and Postcode:

Telephone number:

Email address:

Cost: £25 for Day, £185 for Weekend. A non-refundable deposit of £60 will secure a place on the weekend until the balance of £125 is due, four weeks before the start of the retreat.

Amount enclosed:

Please make cheques payable to Michael Hutchinson (Yoga) and send them to Michael at 'Hafod' Burney Bit, Pamber Heath, Tadley RG26 3TN.

All meals on weekends will be lacto-vegetarian. Please indicate any other special dietary requirements, for which St. Katharine's may make a small additional charge