

Residential Weekends
St. Katharine's Parmoor, Frieth,
Henley-on-Thames RG9 6NN



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



2011-12



Yoga Events

with Michael Hutchinson

BWY DCT and Khyf* Teacher-Trainer

and Andy Curtis Payne

Khyf* Teacher-Trainer

Finding Inner Space: 11th-13th May 2012

Michael will be joined by Andrew Curtis-Payne (Khyf Teacher-Trainer) on a retreat devoted to inner reflection. We will consult Patañjali's teachings on Sukha and Duhkha, an inner feeling of either space or restriction that can affect our words and actions under stress and explore ways in which our Yoga practice, asana, pranayama, meditation or chanting can help us feel more inner space and respond calmly to life situations.

As Others See Us: Saturday 26th November 2011

Michael only. Practice and discussion on Svadhyaya, the self-appreciation listed by Patañjali as one of the three main aspects of Yoga Practice and on Pratipaksha Bhavanam, an aspect of Ahimsa (non-harm). How can we extend the relaxed self-observation we find in our Yoga practice to more stressful situations, see both sides and become easier to live with?.

[*www.khyf.net](http://www.khyf.net)

Finding Inner Space: 11th-13th May 2012

Su-kha, a feeling of inner space, is something that continues to develop as our Yoga practice deepens. Initially, it appears now and then, in a teaching situation, motivating us to persist with Yoga. Ultimately, we want to have this sensation with us all the time, regardless of our situation. As well as developing through discussion an understanding of su-kha, we will seek on this retreat to further strengthen its presence within ourselves through asana, pranayama and mantra practices.

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 or e-mail address with your deposit, or consult the St. Katharine's website www.srpf.org.uk.

Accommodation: Due to changes in pricing at St Katherine's, there is now a £15 discount for sharing a room (i.e. £225 total for retreat).

As Others See Us: 26th November

St Paul's Parish Rooms, Reading Road, Wokingham RG41 1EH

According to Dr K. Desikachar, while asana and pranayama are optional in our Yoga practice, pratipaksha bhavanam (Patañjali, II, 33-34) is mandatory. When faced with a possible conflict of interest, we must be able to take a step back and see both sides. In seeing another person's point of view, we can learn something about ourselves. But asana and pranayama are useful, too and will be included in this event!

Arrivals: from 9.30am, departures at 4.00pm.

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



YOGATEACHER



TRAINER

Booking Form for TBY Events 2011-12 26th November and 11th-13th May

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

Name:

Address and Postcode:

Telephone number:

Email address:

Cost: £25 for Day, £240 for Weekend. A non-refundable deposit of £80 will secure a place on the weekend until the balance of £160 (£145 if sharing a room) is due, four weeks before the start of the retreat.

Amount enclosed:

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

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