

BOOKING FORM:
'SECRETS OF MUDRA'
Saturday 26th May 2012

Name(s)

Address:

Postcode:

Phone:

E-mail:

BWY No:

Fee(s) enclosed:

(BWY members £30, others £35).

Please make your cheque payable to
M D Hutchinson (Yoga) and send it with this
booking form to:

Michael Hutchinson, Hafod, Burney Bit, Pamber
Heath, TADLEY, Hants RG26 3TN

Please circle and enclose SAE if you require:

a map a receipt confirmation

Where did you hear (please circle)?

Yoga South your teacher mail-out
previous day flyer other contact

Sorry, no refunds after 30th April

Draft Schedule for 'Secrets of Mudra'
Saturday 26th May 2012

Timing	Activity	Content
9.30 to 10	Arrivals	
10.00 to 10.20	Introduction	What is Hatha?
10:20 to 11:00	Asana	Developing Bandha via Breath and Movement
20min break		
11:20 to 11:40	Presentation	The inner workings of Mudra and Bandha
11:40 to 1:00	Asana, Pranayama & Mudra	Developing the quality of Mudra throughout our Hatha practice
45min lunch		
1:45 to 2:15	Chant	Combining Mudra and Mantra
2:15 to 2:45	Presentation	Methods of Inner Cleansing
2:45 to 3:10	Pranayama	Contacting the Inner Force
10min break		
3:20 to 3:30	Presentation	Keeping in Touch
3:30 to 3.55	Closing Practice ...	
4.00	Departures	

YOGATEACHER



TRAINER



A Day of Yoga
with Michael Hutchinson

'Secrets of Mudra'

Wokingham

Saturday 26th May 2012

10.00am – 4.00pm

A Day Seminar in Wokingham for Michael to communicate some of the Hatha principles and practices learnt from Mr Desikachar's senior students Dr Kausthub Desikachar, S. Sridharan and Frans Moors at the 2011 European KHYF Teacher Training event.

As Kausthub pointed out, if Hatha means 'forceful', the real force is within; it is Prana. Mudra is the practice of cooperating with this inner force to make our Yoga practice really effective. This idea will be explored through Asana, Pranayama, Bandha and Mantra, with options suitable for all.

This will be an invaluable opportunity for all teachers, trainee teachers and committed students to deepen their experience of Hatha.

Venue: St Paul's Parish Rooms, Wokingham, about half a mile from the railway station (direct trains from Waterloo).

Time: Doors open 9.30am for 10.00am start, until 4.00pm finish

Fee: BWY members £30, others £35. Please bring a packed lunch, a mat and foam blocks. Drinks provided.



Michael is a British Wheel of Yoga Diploma Course Tutor. He studied with Paul Harvey to Postgraduate level in Viniyoga, has attended courses with T.K.V. Desikachar in the UK and at the Krishnamacharya Yoga Mandiram (KYM) in Chennai and is now registered as a Teacher Trainer within the KHYF (Krishnamacharya Healing and Yoga Foundation). Michael frequently attends further study with Mr Desikachar, his son Kausthub and other senior KHYF teachers. He is also a physicist and a poet.

www.twobirdsyoga.com

Directions from end of A329 (M) south of M4 Junction 10

Leaving the A329(M), turn off on the A329 signed for Wokingham and non-motorway traffic.

When you reach the one-way system through the town centre, take the right-hand lane signed for Reading and which turns right into the town centre. With the Town Hall on your left, keep straight ahead through 2 junctions following signs for Reading. After less than half a mile you will see St Paul's spire on the left. Then as below from 'Pass St. Paul's'

Directions from M3 Junction 4 and Sandhurst (A321):

Take the A321 for eight miles, passing through Sandhurst. Nearing the centre of Wokingham, pass over the railway lines and take the one-way system round to the left, past the bowling alley. At the junction near the level crossing turn right into Station Road, following signs for Reading. Turn left onto the A329 towards Reading and look for St Paul's spire on the left.

Pass St Paul's and look for a pedestrian refuge in the middle of the road, just after a pelican crossing. Just after this pedestrian refuge, turn left into the Hall car park.

Directions from Henley-on-Thames and Twyford (A321):

Take the A321 from Henley (for 9½ miles) or Twyford (for 5 miles). Approaching the centre of Wokingham, turn right into Jubilee Ave. and immediately left into Holt Lane. After ¼ mile turn right into Reading Road (A329) and immediately left into the Hall car park.

Unsolicited testimonial:

"You'll always have my support as your Yoga Days are so interesting and enjoyable. I particularly appreciate your relaxed manner and your humour and easy style are exactly right and enable me to listen, participate and gain so much more from the helpful information and practice. I am most grateful to you... and your teachers!"