



April 2012

*'The Celtic mind was never drawn to the single line, it avoided ways of seeing and being which seek satisfaction in certainty. The Celtic mind had a wonderful respect for the mystery of the circle and the spiral. The circle never gives itself completely to the eye or the mind, but offers a trusting hospitality to that which is complex and mysterious'*

**John O'Donohue**

Dear friends,

We trust you are enjoying the season with all the new growth, the colours and the sounds. The garden is getting its first shower today and the land takes a breath.

February was a delight as I made my way to Italy for Dona Holleman's 70th Birthday and the first Centered Yoga Convention. It turned out to be a wonderful occasion where I was able to catch up with some old friends. Mainly it was a pleasure to give Dona a good hearty hug and feel the warmth of her heart. She was in very good form and excellent spirits. She gave her best and we received it with gratitude. Her new book EPO-NA, conversations with horse spirit, is both touching and insightful. I warmly recommend it to you all.

This past month has been a roller coaster, preparing for the new teacher training course which started last weekend. A very promising circle of practitioners and a full house!

I will return to London at the end of May as detailed in the Nov news letter for another specialised workshop on Nigel's TTC. 26th May Yoga Point, Brixton, 1-6pm this workshop will be followed by a morning daily practice at the Brockwell Park Lido, Brixton from Monday 28 May to Friday 1 June, 7-8.30am.

We now have the dates for the next **Auroville Intensive 20-30 December 2012**. All details to follow. We hope to organise a trip to Ecodaya for a small group after Auroville.....more news in good time.

**Please contact us asap to register your interest to come to Auroville.**

## Amendments to our Schedule from April to August 2012

### Teacher Study and Training Programme

The New Teacher Study/Training programme has now started.

However there are **2 places available for the 18-20 May Weekend Intensive.**  
(residential or non-residential)

These places are available by invitation only. Please e-mail me for further details.

**We are currently processing registrations for the TTC, commencing 22-24 February 2013. If you are interested please e-mail [samyoga@btinternet.com](mailto:samyoga@btinternet.com)**

### Regular weekly classes at The Green House

Tuesday Yoga 6.30-8pm **17 April-22 May** £40 / single class £8 (some Yoga experience)

Thursday Yoga 9.15-10.15am **19 April-24 May** £30 / £6 (gentle movement and breath for all)

Thursday Yoga 6.30-8pm **19 April-24 May** £40 / £8 (beginners foundation course)

Wednesday Sonic Meditation 10-11.30am **18 April / 23 May** £40 / £8 (open to all)

Wednesday Sonic Meditation 7pm-8pm **18 April / 23 May** £30 / £6 (open to all)

### Workshops

Morning Practice 10am-1pm £18

**Saturday 21 April** 'Art of Breathing Special' Yoga with Sama

**Sunday 6 May** 'The Six healing Tao sounds' with Tanya and Sama

I will be on a teaching tour in Vancouver Island for the whole of June.

### Summer Weekends Friday 5pm to Sunday 2pm **6-8 July / 3-5 August**

£175 all inclusive / £110 (non-residential includes breakfast on both days and lunch on Saturday)

The weekends include outdoor walks and circles of practice, morning and evening Yoga.

Tanya will offer Sacred Sound practices on the August weekend only.

Open to all.

**Places are limited to 10 participants. Please register your interest promptly**