



July 2012

To look at the  
bone is death, to  
go into the bone  
is awakening'  
Rudolf Steiner



Dear friends,

The Spirits of nature have been beautifully close and expressive these past few weeks and it is a wonder!

After a great couple of days teaching at the IYN Summer Festival in Dorset, we readied our cases for a 10H flight over the ice caps of the Arctic Circle to Vancouver, BC. Three ferries and a few very strong teas later we arrived at our dear friend's Diane Smith. She had prepared some lovely spaces for the work: a dug down fire circle where we all sat to do our shamanic journeys and a covered light structure to practice on cool mornings. Soft wood chip had been spread on the ground and then covered with a hardy cotton canvas. The surface worked beautifully, bouncy yet firm and soft to the feet! Looking up in Surya Namaskar to see two white headed eagles was just wonderful, and the scent of recently cut cedar wood, a gourmet treat for the nostrils! The work yielded many gifts and we are grateful Diane that you made this possible at Cat Creek. [www.dianesmithsilk.com](http://www.dianesmithsilk.com)



Then Tanya returned to the UK to get on with some house work....a new wooden floor for the Yoga studio and an outdoor (much needed) second shower!

There were other journeys onto other islands and many an opportunity to share the teachings with bright, dedicated, and attentive practitioners. We went into our bones and watched them grow. There was much intuitive sense around the femur and I have just discovered in my Cranial studies that the thigh bone, specially the trochanter, in adults is the main location for blood production! Meditate into your thigh bones to understand life forces! Wonderful.

Back home in Wales...the practices (now many!) take up all my mornings then follows what feels like a full day of computer work!

The Samanga form is quietly evolving to include new gestures and new sounds. Tanya's recent sound work seems to weave a deeply healing field around us and the house which glows gently.

There is love, healing and magic and we hope you might be inspired to come and share some of it with us sometime.

The following is our schedule for the next few months and some projects in the making for next year.



### August 3-5

Weekend retreat at The Green House. There are places still available on both a residential or non-residential basis. Please contact us if you would like to take part.

The practice will focus on detoxifying and vitalising. We will engage in sustained kriya and bandha work, cleansing pranayamas and Sama's own Surya Namaskar. Weather permitting, we will take a Walk of Attention on the land.

**Friday** 5-7 pm Full Inversion practice and relaxation

**Sat** 6.30-8 am Energy work and pranayama

9-10 Dao Healing Sound practice (detoxifying the vital organs)

10.30- 12.30 Surya Namaskar and posture study

3-5 Full Inversion Cycles and relaxation

7-8 Healing Sound practice with Tanya

**Sun** morning as above, closure and farewells after lunch

**£175/£110**

### 24-28

Aurolab TTC Intensive retreat

### September

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Open Day at The Green House **Booking Essential**

10 Yoga 10.45 Sonic Meditations 1-2 Cranial Sessions **All free**

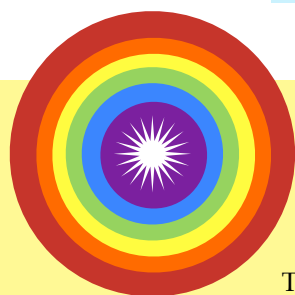
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Yoga and Chanting Day

10-12.30 Yoga with Sama £18

**Full day including lunch £42**

1.30-4 Sonic meditations with Tanya £18



## 'The Wheel of Knowledge' Course Series Sundays 10am-5pm

I) The Chakras

14 Oct / 4 & 25 Nov 2012

The course is delivered over three Sundays and must be taken in full. It covers chakra theory and practice with in depth study of related Yoga postures, Seed Sounds, Meditations and visualisations. There will be space for enquiry and discussion. Please bring pen, paper, colour crayons and lunch to share.

**The total fee of £170 covers hand outs and tea breaks.**

We require that you send a non-refundable deposit of £50 to book your place.

**Early birds (booking before 15th Sept £155)**

We are planning more of these specific course for the New Year. Stay in touch!