

SANTOSHA CONTENTMENT

21-23 September 2018

'Peace in the cells, the indispensable condition for the body's progress'

The Mother



"The unknown is a source of mystery, the only feeling it can create is that of wonder.

And fear and wonder cannot coexist" Ravi Ravindra

In this weekend we will explore methods from various Yogic traditions to move through deeply held tension into profound and lasting releases. Silence, blind-folded practices, pranayama, mantra japa, guided meditation, long timing gentle Yoga, relaxation and Yoga Nidra, supported inversions and poetic reflections...

The weekend is intensive and requires a good understanding of one's own process. Personal support will be provided throughout the weekend. If you'd like to register please contact me.

Friday arrive at 3 pm to settle.
Sunday depart at 2 pm after lunch.

Cost: £295 includes full board and all tuition.
Please forward £80 non-refundable deposit to book your place.
Balance due by 1 September. Payment in installments available.

What you need to bring:
Warm indoor clothes and footwear
Water proof outdoor clothes and footwear
Towel and toiletries
Mind-fold
Pen and paper or a diary.

On receipt of your deposit you will receive the full schedule as well as recommendations and food menu for the retreat.

There are 10 places on this retreat. Please forward your deposit in good time to avoid disappointment.