



25 November 2011

"The truth is that as a man's real power grows and his knowledge widens, ever the way he can follow grows narrower until at last he chooses nothing, but does only and wholly what he must do..."
Ursula Le Guin



Dear friends,

Warm greetings to you all!

The light is fading down into the earth and we are blessed to take long walks by the ocean in the darkness. There is much magic on this land, we discover its many guises daily. As I am writing to you, our local owl has started her call to greet the night and the silence is deep...

We have been maintaining a sweet and clear field in the house, she has such a lovely soul! We hope to accommodate other teachers who work with small groups and offer our house for all the healing and spiritual arts. There will also be retreats available for those who would like a break away, both with or without practice. You can come on your own, with a couple of friends and/or family and get healing, Yoga practice, Sound practices or come to read your books (and ours!), study, write or just chill.....

Should you want to enquire about availability and rates, please contact us.

What follows is the schedule for the New Year both for events at "The Green House" and my teaching schedule in London and elsewhere.

Do stay in touch and please let us know if you would prefer not to receive this newsletter.

Schedule from January to August 2012

Teacher Study and Training Programme

The New Teacher Study/Training programme is now confirmed and is due to commence on the weekend of the **23-25 March 2012**. The training finishes in March 2014 and all components takes place at 'The Green House' in Wales.

Regular classes and workshops at The Green House

Tuesday Yoga 6.30-8pm 10 Jan-14 Feb / 28 Feb-3 April / 17 April-27 March
£40 / single class £8

Thursday Yoga 9.15-10.15am 12 Jan-16 Feb / 1 March-5 April / 19 April-24 May £30 / £6

Thursday Sonic Meditation 6.30-8pm
12 Jan-9 Feb / 23 Feb- 29 March £32 / £8
19 April / 24 May £42 / £8

Yoga Day 10-4.30 22Jan / 18 March £38 (includes light lunch)

Morning Practice 10-1 5 Feb, 19 Feb, 6 May £18

Weekend Intensives Friday 4pm to Sunday 2pm 2-4 March / 20-22 April / 24-26 August
£190 all inclusive / £140 (non-residential includes breakfast and lunch)

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

Sama will be teaching in London regularly over the next year, her schedule is as follows:

Saturday 28 Jan 'Bandhas and Koshas, the structural and energetic mapping of the body'

Sunday 1 April 'The art of seeing, making skillfull adjustments'

Sunday 27 May 'Morning back bends and afternoon meditation'

All the above workshop are hosted by Nigel for his TT components and take place in South London 11.30-4.30. Open to teachers, trainees and diligent practitioners.

Please book these with Sama.

Saturday 5 May Yoga Day in Chester 10-4.30 'Root to Fly' open workshop

contact: Jo rayjo@btinternet.com

11-13 May Cornwall Raja, Hatha and Kirtan Weekend with Nalanie Chellaram, Sama, and Narayani

contact: Janaki patrick.pigz104@virgin.net

28 May- 1 June Early morning practice 7-8.30am The Brockwell Lido SW2

contact: Nigel 07976650886 thewitnessree@aol.com £18 per class £75 for the week

31 May-3 June IYN Summer Festival both Sama and Tanya will be teaching on Saturday and Sunday. Please check the web site.

In June Sama will be on her yearly teaching tour of Vancouver Island, BC Canada. Details on the web site.

11-12 August Sama will be teaching at the first Devon Yoga Festival organized by friend and IYN member Duncan Hulin director of the Devon School of Yoga. Please check the web site.