

SHAUCHA PURIFICATION

19-21 January 2018

If we wish to wake up from the *tamas* of fear and craving, we must drop into the NOW 'which is the point of intersection of time and eternity' According to Wittgenstein, 'if we take eternity to mean not infinite temporal duration but timelessness, then eternal life belongs to those who live in the present'



'Who am I?' is the perennial question spiritual seekers have always asked. From the dawn of time the path to our human soul has been a long pilgrimage into the depths of our being. At times challenging, difficult, painful even, at other times wondrous, full of marvel and enchantment and occasionally just simple, tranquil, evident.

In all traditions, to undertake that journey back home requires a purification of body and mind, a deconstruction of the ego self so that: *'the Seer can be revealed in its true form'* Yoga Sutras I-3.

In this weekend intensive we will explore methods from both the Yogic and Shamanic traditions, to move through the layers of our organic and spiritual realities. Silence, blind-folded practices, advanced pranayama and asana, meditations, journeying and dreaming tasks...

The weekend is intensive and requires a good understanding of one's own process. 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 February. Payment in instalments available.

What you need to bring:
Warm indoor clothes and footwear
Water proof outdoor clothes and footwear
Towel and toiletries
Hot water bottle
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.