

March 2019



We are delighted and honoured to bring to our community a unique opportunity to experience a direct recipient of the great Vedantic tradition of India.

These are embodied teachings that resonate at a cellular level. They also take the spiritual traveler into unexplored regions of their intellect and psyche towards the ultimate self-revelation!

**26-28 July 'Silent Mind, the Essence of Vedanta'
Self-Réalisation weekend with Partho
Welfare Community Hall, Craig cefn parc, SA6 5RZ**

Friday 6.30-8.30pm Open session all welcome (suggested donation £5)

Saturday & Sunday 10am-4pm £65 per day, includes a variety of teas and milks. Please bring your lunch or a dish to share.

Please reserve the date in your diary. This is a unique opportunity to experience the ancient teachings of Advaita Vedanta and their modern form, the Integral Yoga of Sri Aurobindo. This is what participants of Partho's retreats have shared with us:

This retreat has been the most soul-touching retreat I have ever followed in my entire life! The exercises are simple, concrete and can be put into immediate practice. I felt like an onion being peeled as the days passed by until nothing else but the most precious was left!

Thanks for this unforgettable experience in unending education. It was very deep, inspiring and at the same time gave us the possibility to put it into practice immediately in our daily life.

For me it has been a very special, precious Time out of time...!

First the strong physical awareness with its expansion then the focus on the widening of the heart and then the place above the head in mental silence. Thank you.

I found Partho's retreat to be profoundly nourishing and full of new concepts for me to absorb. I enjoyed taking time out of my busy life to simply sit in presence and listen to the questions and answers and let them work their magic on me.

Vedanta is an introspection, a look at the human metaphysical mechanisms. It is an introspection with a map that points at the hidden parts of ourselves. And as the map unfolds new meanings are given to things and the world becomes a more peaceful and loving place, full of joy.

Partho is one of those very rare individuals who transmits the message of Advaita Vedanta from a place of realised experience rather than intellectual knowledge or theory. I come away from his retreats with renewed energy and strength

Partho has a vast and deep knowledge of Vedanta, the Integral Yoga of Sri Aurobindo and The Mother and also of Buddhism, which is helping me to bring together the different ways and approaches towards higher consciousness and gnosis. I so appreciate Partho's gentle and peaceful presence!

Teaching events with Sama

April 6-7 Yoga Days in Chester please contact Anna: yoga@fearnall.com / 07887745855

April 28 Yoga Day at The Green House 10-4. £50 / £45 '**Riding the Spinal Wave I**'
'Our back body is a window into the invisible. It can be a place where our fear of the unknown plays out, often resulting in discomfort and pain, or a secret garden full of vitality and unfathomable promise' Sama.

The day is a gentle enquiry into our back bodies with mindful practices and breath.

May 19-26 Yoga Holiday Retreat in Girona. A few places still available, please enquire

July 26-28 A weekend with Partho open to all. 5 residential spaces available on a first come first served basis. For non residential concessions please enquire.

August 30-Sept 1 Weekend for Trainees and Teachers. Remedial Yoga and how to teach people who are unwell / suffer from specific conditions. Bring your own cases to discuss with the group. £265. 8 residential places. Non-residential spaces available. Please enquire.

Sept 29 Yoga Day at The Green House 10-4 £50 / £45 '**Riding the Spinal Wave II**'
To deepen our enquiry and explore more complex postures and pranayamas. Suitable for experienced practitioners, trainees and teachers of any style.

Dec 1 Yoga Day at The Green House 10-4. £50/£45 '**Sitting at the feet of the Guru**'
Deepen your understanding and practice of sitting. Postural, philosophical and spiritual considerations in the light of Integral Yoga. Open to all.

Dec 27-Jan 2 New Year Residential Intensive Retreat at The Green House. 7 h daily practice.
'**The rising of the Light**'

This week retreat is for those who would like to retire from the over stimulation and consumerism associated with the festive season. Instead we will get into sacred practices and ceremonies which draw on Yoga and Shamanism. For those who feel ready to go deep into self-enquiry. There will be silent and blind folded practices. Arrive Friday 27th after 4pm for a 5pm start, leave Thursday 2nd after breakfast. Simple shared accommodation, self catered veggie meals and all tuition £785. 8 places. An application form will be forwarded to those interested.

Teaching events with Tanya

Trauma Awareness: experiential study for personal and professional development

We explore recent understandings of how & why trauma arises, and ways of encouraging self regulation. Suitable for yoga teachers, practitioners of the healing arts, therapists and body workers, social workers, service workers for those who would like to increase their ability to hold safe space for others and gain insight into trauma resolution.

Please contact Tanya if you would like to apply. Days to be taken consecutively

June 29-30 Days 1 & 2 **July 6-7** Days 3 & 4 **August 3-4** Days 5 & 6.

£140 per weekend.

August 10-11 Further Study for those who have completed days 1-6