

The White Eagle Lodge (London)  
9 St Mary Abbots Place, off Kensington High St  
London W8 6LS

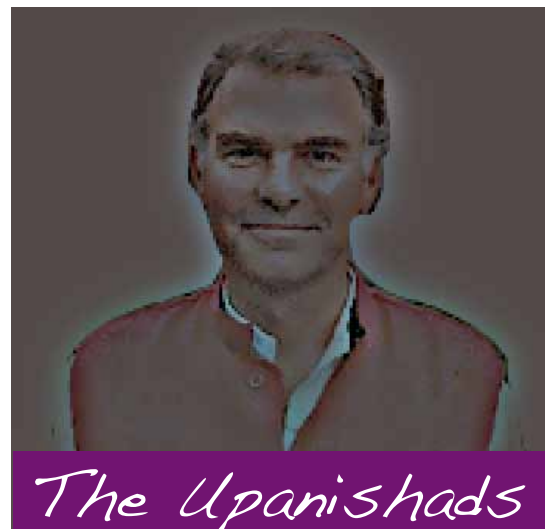
For more information about the White Eagle Lodge

[www.whiteaglelondon.org](http://www.whiteaglelondon.org)  
[info@whiteaglelondon.org](mailto:info@whiteaglelondon.org)  
020 7603 7914

### Travel

Tube: Circle or District to High St Kensington  
Overground to Kensington Olympia  
Buses: 9, 10, 27, 28, 49 and C1 stop in Kensington High St at the end of St Mary Abbots Place. Ask for Warwick Gardens (westbound) or Addison Rd (eastbound)

The Inner Yoga Trust in association with  
White Eagle Lodge presents



*a study weekend with*  
**Alistair Shearer**

*and sanskrit sounding with*  
Sarah Waterfield

**21 - 22 April 2012**  
The White Eagle Lodge (London)  
9 St Mary Abbots Place  
off Kensington High St  
London W8 6LS



telephone 01730 261001 or visit [www.inneryoga.org.uk](http://www.inneryoga.org.uk)

The Inner Yoga Trust, 17 Titmouse Road, Peterborough, Hampshire, GU32 2JU registered charity no 1068221



## The weekend programme

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The Upanishads are the oldest and clearest expression of the perennial philosophy that is the inner core of all the great religions. Passed down by word of mouth for five thousand years, they teach of an absolute and unified field of intelligence that underlies and permeates all creation. This divine ground is our own nature, and to bring our lives into harmony with it is the ultimate purpose of human existence.

Alistair Shearer worked with Peter Russell to create one of the most popular modern editions of the Upanishads, and over the subsequent years has deepened his knowledge and understanding of the Upanishads through continued study and meditation—which he also teaches. We will sit in Satsang (which means company with an assembly of persons to listen to, talk about, and assimilate the truth) with Alistair to learn and clarify our own understanding of the Upanishads.

Sarah Waterfield will work with the group on making sanskrit sounds and chanting some verses from the Upanishads in Sanskrit.

The White Eagle Lodge in London is pleased to welcome the Inner Yoga Trust, with which it has a long association, for these joint days of immersion in some of the most ancient wisdom to have come down to us in written form.

## The teachers

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ALISTAIR SHEARER did postgraduate work in Sanskrit at the University of Lancaster, after studying literature at Cambridge. He has practised and taught meditation for many years. He currently divides his time between lecturing and writing on the sacred art of Hinduism and Buddhism, teaching meditation courses, and leading cultural tours to the Indian subcontinent each winter.

SARAH WATERFIELD has been practising yoga since 1991 and teaching since 1999. In Yoga she combines her interests in the body and mind, Indian philosophy, language and sound. She has a particular interest in Sanskrit chanting. She has her own intuitive style of teaching sounding, rooted in body and breath, enabling us to feel the effects of the Sanskrit sound on ourselves.

## Cost

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The two days are bookable together for £75 or separately for £40 each. The first day will be more general and the second will go deeper into individual Upanishads.

A twenty pound non refundable deposit is payable at the time of booking accompanied by a cheque post dated 6 April 2012 for the balance. In the event of a cancellation prior to 6 April the balance cheque will be destroyed. After this date the fee is not refundable.

## Timetable

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Provisional Programme for both days is as follows, but we may intersperse the chanting and satsang more throughout the day if it seems more appropriate.

10.30 am	arrivals
11 am	Satsang/discussion group with Alistair Shearer
1pm	Lunch - please bring vegetarian food to share
2pm	Satsang with Alistair Shearer
3.30pm	Tea
4pm	Sounding and Chanting with Sarah Waterfield
5pm	Close

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## Booking Form

Name

Address

Telephone

Email

IYT Membership Number

I am booking for      21 April cost £40     22 April cost £40   
Both Days Cost £75

I enclose a deposit cheque payable to the 'Inner Yoga Trust' for £20  
Plus a postdated cheque (6 April 2012) for the balance of £20/£55

**Please return form to**

**The Inner Yoga Trust, 17 Tilmore Road, Petersfield, GU32 2HJ**

If you would like to join the Inner Yoga Trust please contact the office on 01730 261001 Send an SAE if you want a receipt