

Booking form Remedial Yoga - Residential Weekend 3 - The Mind
1-3 June 2012

Name

Address

Telephone

Email

I would like to book for this course weekend as follows

	Deposit	Balance to pay at 30/9/10
Deposit for whole course - if you pay this now no tuition deposit is needed	£300	
Tuition fee (if not enrolled for whole course)	£75	£75
Single Room	£73	£73
Share Twin Room	£67	£67
TOTAL Deposit to pay		

Dietary Requirements - All food will be vegetarian. Please specify reasonable dietary requirements - eg vegan, wheat, dairy, nut, gluten free.

I enclose a cheque payable to the 'Inner Yoga Trust' for £

Send an SAE if you want a receipt

Please return form to Inner Yoga Trust, 17 Tilmore Road, Petersfield GU32 2HJ.



with
Jenny Beeken,
Pauline Sawyer

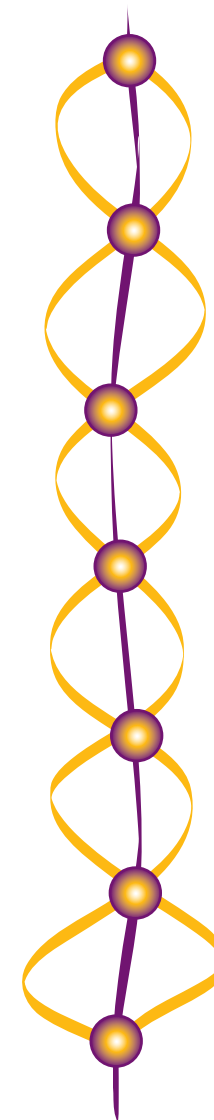
'Self control and self discipline should start with the body. that is much easier. Asana is discipline; pranayama is discipline; khumbaka is discipline; ... Why do you fight the mind first? you have no power to wrestle with the mind, yet you wrestle with it, thereby creating a pattern of animosity towards yourself'

Hatha Yoga Pradipika

Swami
Muktibodhananda

Friday 1- Sunday 3 June 2012
The Barns, Church Lane ,Toddington,
Cheltenham, Glos GL54 5DQ

www.multimap.com has a very good direction finder



telephone 01730 261001 or visit www.inneryoga.org.uk

The Inner Yoga Trust, 17 Tilmore Road, Petersfield, Hampshire, GU32 2HJ registered charity no1068211

The teachers
Jenny Beeken/Pauline Sawyer

Jenny Beeken studied with BKS Iyengar whose teaching is still a great source of inspiration, knowledge and understanding. Subsequent study with Victor Van Kooten and Angela Farmer has given her a deep understanding of the inner body, inner awareness and movement. More recently she has worked with Sophy Hoare and Diane Long to access the teaching of Vanda Scaravelli. This has further developed her understanding of the importance of waking the spine in yoga postures and in life. The emphasis in her teaching is on balance of the inner energies and healing oneself and others through yoga.

Pauline Sawyer has practised yoga on an inner level for many years, gaining deep insight and understanding of the body and its link to the mind and spirit through looking at herself in this way. She has made an extensive study of other disciplines. Pauline brings her insight and intuitive awareness into observing and teaching both the asanas and the sacred texts.

Remedial Course Residential Weekend 3

The Mind

How the mind affects the body how the mind and body are one. How the energy through the spine connects mind to body. How the head sits on the spine and affects the flow of cerebral spinal fluid and so the mind. How the breath connects mind to body. How the practice of mindfulness affects the whole body and ones health and well being. How the gestures of the body express the mind and how we can work with the mind through the body and vice-versa. The connection of mind to manomaya kosa, the subtle mind body.

Study Books

Yoga Sutras of Patanjali – more than one of your own choosing.
Buddha's Brain – Rick Hanson, PH.D with Richard Mendius, MD
Mindfulness book of your own choosing.

Programme

Friday

5pm Asana Class
7pm Dinner
8pm Study Session

Saturday

7.30am Early Morning Meditation and Pranayama
8.30am Breakfast
9.45am Study Session
11am Asana Class
1pm lunch
4.30pm Asana Class
6.30pm Dinner
7.30pm Study session

Sunday - as Saturday but finishing at 4pm after a closing circle.

Venue - The Barns

The Barns Conference and Study Centre provides comfortable accomodation in twin rooms with ample shared bathrooms. Vegetarian meals are generous and the outdoor space is attractive.

Costs of Weekend

This weekend is part of the Inner Yoga Trust Remedial Course which is an extended course leading to a qualification. If you register for this module during 2012 the tuition fees for this weekend will be deducted from your course fees.

See <http://www.inneryoga.org.uk/courses/Yogatherapy.html> for updates on pricing and course registration

Weekend Tuition fees

If you are attending the workshop as a one-off event the tuition fee is £150

If you are registering for the whole Remedial Course, you will be asked to pay a £300 deposit and set up a standing order to run for anything between three and five years. You have 6 years to complete the whole course.

The cost of the whole course (excluding any accomodation) is £2880. Full details of what is included in the course can be found in the Course Prospectus, available from the IYT office. The prospectus will also be available at the weekend.

Accommodation Costs

Rooms are not en-suite
Single Room £146
Twin Room £134

A non refundable accommodation deposit of 50% of the accomodation price is payable at the time of booking with the balance for accomodation due as a postdated cheque on Friday 4 May 2012

Cancellations

Tuition fees: If you paid in full and cancel on or before 4 May you will receive a refund of your tuition fee less a £20 administration fee. After this date refunds can only be made in exceptional circumstances but you will have the option to carry the fee forward to another event organised as part of the Remedial Course.

Accommodation: The deposit for the accomodation is entirely non- refundable unless we receive a booking from someone who will take your place. Once the balance is paid on accomodation that also becomes non-refundable unless we receive another booking from someone who takes your place. This is because accomodation monies will be paid to the Barns on your behalf and they do not offer a refund for cancellations.

Booking form is on the reverse