

BOOKING FORM
(PLEASE USE CAPITAL LETTERS)

Booking Name/s: _____

Address: _____

Town/City: _____

County/State: _____ Post Code: _____

Country: _____

Tel: _____

Fax: _____

E-mail: _____

Profession/s: _____

I ENCLOSE PAYMENT FOR THE FOLLOWING:

4 Day Retreat (Vegetarian Meals included)

Total amount included: £ _____

Made payable to 'Padmasambhava'

Payment Method:

International Money Order

Cheque

Postal Order

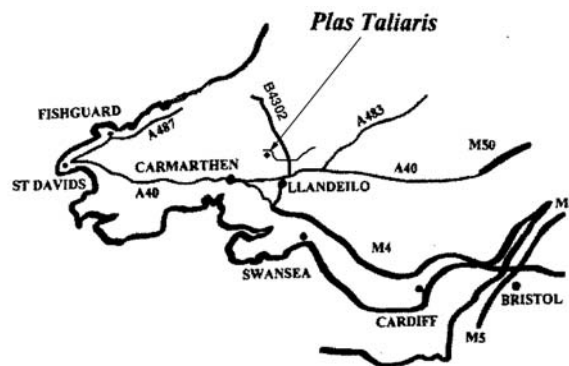
Bankers

Office Use only:

Received by _____ Date _____

THE VENUE

Plas Taliaris is a Georgian Mansion near Llandeilo in Carmarthenshire South Wales. Set in seven acres of lawns and woodlands overlooking the Towy Valley with impressive views towards the Black Mountain. For more details of the venue please see their web site at www.taliaris.co.uk



HOW TO GET THERE

Plas Taliaris is well served by road and rail connections. Sixteen miles from the M4, Cardiff is an hour and a quarter distance and London as little as three and a half. The A40 at Llandeilo, connecting to the M50, gives access to the Midlands and the North. Llandeilo station is on the Heart of Wales line, connecting south to Swansea and direct trains to London, and north to Shrewsbury and Crewe

For all enquiries contact Padmasambhava

PADMASAMBHAVA PRESENTS

Swara Yoga
Retreat



Plas Taliaris

Llandeilo, Carmarthenshire

27th ~ 30th June 2002



With Swami Pragyamurti
& Dr Serena Roney Dougal

ABOUT THE RETREAT

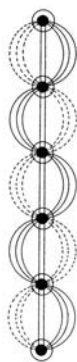
A four day retreat in a stunning, peaceful setting in the Welsh countryside. Especially designed for those who wish to explore the subtler aspect of Swara Yoga with a daily programme of:-

- Asanas (postures)
- Yoga Nidra (relaxation)
- Meditation
- Pranayama (breathing practice)
- Lectures
- Kirtan (singing)
- Mouna (Silence)
- Karma Yoga (yoga of action)
- Nature walks
- Delicious vegetarian cuisine

Rejuvenate yourself in the practices offered on retreat & take back with you the tools you can use in daily life.

SWARA YOGA

Swara yoga is the ancient science of pranic body rhythms, which explains how the movement of vital energy (prana) can be controlled by manipulation of the breath.



In the process of breathing, absorbing prana & circulating energy, the nose plays a vital role. It is an important junction of energy communication between the external & internal worlds.

On the retreat we will examine the nature of the breath & the influence of the left & right swara on body & mind. We will learn practical techniques for recognising the active swara & balancing the flows.

SWAMI PRAGYAMURTI

Director of Satyananda Yoga Centre London. She teaches extensively throughout Europe conducting workshops, lectures, seminars & for 18 years has conducted teacher-training courses in the UK & Europe. She is a warm enthusiastic & charismatic teacher with the gift of imparting the subtle knowledge of yoga in a clear way.



DR. SERENA RONEY DOUGAL

Director of the Psi Research Centre, Glastonbury. She has 25 years of study & experience in scientific & spiritual exploration of the psyche. Completed a PhD thesis on Parapsychology at Surrey university. She lectures & leads workshops & seminars in America, India & Europe. Author of the book "Where science and magic meet", which has been reprinted five times. With her clear understanding of both yogic & main stream science she shows the correlations between them in a comprehensible way.

PADMASAMBHAVA

Established in 1992, to teach yoga & meditation in accordance with the teachings of the Bihar School of Yoga, it is located in the centre of Llandeilo.

The centre is embarking on an ambitious development programme to fulfil its commitment to participating in the world network of study and research centres affiliated to Bihar Yoga Bharati University India and to provide a focus for these activities in the UK.

RETREAT FEES

The retreat starts at 4 pm on Thurs 27th June & ends at 4 pm on Sunday 30th June

Retreat Fee £240

ARRIVAL

Please arrive between 3.00 - 3.30 pm to allow time for registration & refreshments prior to starting the retreat at 4.00 pm.

HOW TO BOOK

Please fill in the attached booking form, detach it and send with your payment made payable to:

"Padmasambhava"

**66 Rhosmaen Street, Llandeilo,
Carmarthenshire SA19 6EN UK**

Tel: + 44 (0)1558 823842

Fax: + 44 (0)1558 824437

E-Mail: retreat@bhava.freeserve.co.uk

Group size is limited to a maximum of 25 so please book early to ensure your place.