

yoga

With Wendy Teasdill and Gillian Russel

From: dinner Friday 21st October to afternoon tea Sunday 23rd October

At: Holland House, Crothorne, Worcs WR10 3NB



exploring the elements

earth water fire air ether

It is helpful to recognise the elements of the body in our yoga practice. Recognition of the role of the earth in supporting us in standing and sitting postures derives from Tantra, but there is nothing mystical about finding fire in the belly or space at the throat. We are embodied beings, and it makes common sense to acknowledge these elements as keys to transformation. For in truth all Yoga practice is about the inner alchemy of turning base elements into metaphysical gold. With this in mind we will experience a range of simple movements, yoga asana & sequences, pranayama, mudra, bandha, meditation, deep relaxation, and mantra honouring the elements of our being.

Holland House is the venue for this weekend and here we can enjoy exceptional vegetarian food and the lovely Worcestershire countryside, breakfast, lunch and dinner included plus morning and afternoon refreshments.

The total cost for the weekend is **£220**, advanced booking is essential as numbers are limited.

If you would like any further details call Gillian Russel 01527 857586,
email: gilrus3@btinternet.com visit www.yogill.com
for information about Wendy have a look at www.teasdill.com

To reserve your place please send a deposit of £150 the remainder to be paid by 1st September 2011. Cheques made payable to Gillian Russel, 1 Manor Drive, Morton Bagot, Studley Warks. B80 7ED

I would like to attend the Yoga weekend & enclose a cheque for the £150 deposit

Name _____

Address _____

Telephone number _____ email _____