

THE JEWEL in the LOTUS



with
SWAMI VEDANTANANDA
SARASWATI

WORTLEY HALL
near SHEFFIELD

19TH – 21ST March 2010

The Jewel in the Lotus

*“As great as the infinite space beyond is the lotus of the heart...
... never fear that this inner treasure of all reality will wither and
decay ... this is the Self, free from old age, from death and grief,
hunger and thirst. In the Self all desires are fulfilled”*

Chandogya Upanishad, Ch III

The weekend will include asana, pranayama, meditation and Yoga Nidra.

This is an opportunity to work closely with an inspirational, highly knowledgeable and exceptional Yoga teacher.

Swami Vedantananda

Swami Vedantananda is an internationally respected and much loved Yoga teacher. She is known for her humour and her practical, down to earth approach.

A leading light of Satyananda Yoga, she has taught for over 25 years in Yoga Centres worldwide.

Swami Vedanta currently lives in Portugal where she runs retreats for Yoga teachers and teacher training courses.

The venue

With a history over 500 years, Wortley Hall is a superb venue for a residential Yoga retreat.

Located near Junction 36 off the M1 it offers four star accommodation and excellent vegetarian food.

Set in 26 acres of beautiful, peaceful gardens, with luxurious rooms and top quality facilities, Wortley Hall will help make this weekend even more special.

Accommodation

Accommodation for the weekend includes full board.
There is a choice of single, twin or double rooms, all en-suite.
There are additional places for partners or friends who would like to spend a weekend walking or relaxing in this beautiful location.

Costs

Single / Twin / Double room: £220.00. **All rooms are en-suite.**
The charge for the weekend is per person, so there is no discount for sharing. All rooms are excellent!

Those not taking part in the Yoga : £165.00

Reservations

To reserve a place, please fill in the booking form overleaf and return it with a deposit of £50.00.

- ☺ Cheques are payable to 'Sheffield Yoga School'
- ☺ Send to : 16 Robertson Drive, Sheffield. S6 5DY

It would be helpful if you can return the booking form and deposit as soon as possible.

Places are limited and this is likely to be a popular weekend.

For further details

- Email : info@sheffieldyogaschool.co.uk
- Tel : 0114 2338340

This leaflet can be down loaded from :
www.sheffieldyogaschool.co.uk

BOOKING FORM

Name :

Address :

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Post code :

Telephone :

Email :

Length of Yoga experience :

I would like to share with :

Special dietary requirements :

Deposit : £50.00 Full amount : £220.00

The balance is due by February 15th.
Full programme details will be sent out nearer the time.

Please return this form to :

Sheffield Yoga School
16 Robertson Drive,
Sheffield.
S6 5DY