

YOGA & MEDITATION WEEKEND RETREAT

13 - 15 September 2024 with Billy Doyle

NANPANTAN HALL RETREAT CENTRE, Nanpantan Road, Loughborough, Leicestershire, LE11 3YF

We begin on the Friday with the evening meal followed by meditation. On Saturday, there will be five meetings, two yoga sessions, a talk & discussion and two of meditation and pranayama. On Sunday, there will be three meetings, meditation/pranayama, yoga and talk & discussion.

Cost £450 To book please download and fill in booking form and email or post it with full amount or £150 deposit to Billy Doyle, 35 Nassington Rd, London NW3 2TY

Cheques payable to W. Doyle. For a bank transfer please contact me for details.

Numbers are limited. Balance due by 13 June.

Cancellations after 13 July will incur a 25% charge. No refund after 13 August

A retreat allows us to be free from our usual activities and gives us space to go more deeply into our yoga practice. During the retreat we will explore postures, breathing, relaxation, meditation and self-enquiry.

This approach emphasizes working with the energy body. Through a letting go and listening without anticipation we allow the body sensation to unfold. We discover in the process, our real body to be light, transparent and expanded in space. In our practice we avoid all mechanical movement and end-gaining, but live moment to moment in the sensation. Practising yoga in this way has a completely different quality. Old patterns melt away and we are open to deeper dimensions of ourselves. Yoga brings us to know ourselves in silence.

To contact Billy: Tel. 07875 979236 / 020 7794 0773

PROGRAMME	
Friday:	6.00 pm Dinner
	8.00 pm Meditation
Saturday:	
	7.30 am Pranayama & Meditation
	8.30 am Breakfast
	10.30 am Yoga
	1.00 pm Lunch
	3.30 pm Talk / Discussion
	4.30 pm Yoga
	6.00 pm Dinner
	8.00 pm Meditation
Sunday:	
	7.30 am Pranayama & Meditation
	8.30 am Breakfast
	10.30 am Yoga
	12.30 pm Lunch
	1.30 pm Talk / Discussion
	2.15 pm Tea