

YOGA & MEDITATION WEEKEND RETREAT

25 - 27 October 2019

in a subtle sensitive approach with Billy Doyle



CHARNEY MANOR, Charney Bassett, Oxfordshire, OX12 0EJ

Charney Manor is a historic building set within beautiful gardens; a place of tranquillity with lovely walks in the surrounding countryside. En-suite single and twin rooms.

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 £360 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 26 July.

Cancellations after 16 August will incur a 25% charge. No refund after 13 September.

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 020 7794 0773 / 07875 979236

PROGRAMME	
Friday:	6.30 pm Dinner
	8.00 pm Meditation
Saturday:	
7.30 am	Pranayama & Meditation
8.30 am	Breakfast
10.30 am	Yoga
12.30 pm	Lunch
3.15 pm	Tea
3.45 pm	Talk / Discussion
5.00 pm	Yoga
6.30 pm	Dinner
8.00 pm	Meditation
Sunday:	
7.30 am	Pranayama & Meditation
8.30 am	Breakfast
10.30 am	Yoga
12.30 pm	Lunch
1.45 pm	Talk / Discussion
2.30 pm	Tea