

YOGA & MEDITATION RETREAT

20 - 22 October 2017

LADYWELL RETREAT CENTRE

Godalming, Surrey, GU7 1ST



with Billy Doyle

Ladywell is a large retreat centre on the outskirts of Godalming. It has its own extensive grounds and gardens. There are countryside walks nearby. The majority of rooms are single and it is within easy reach of London. Cost: £260

A retreat allows us to be free from our usual activities and gives us space to go more deeply into our yoga practice. It is a time for renewal and an opportunity for insights that come from quietness. We will explore postures, breathing, relaxation, meditation and self-enquiry.

We begin on the Friday with the evening meal followed by meditation. On Saturday, there will be four meetings, two of yoga and two of meditation and pranayama. On Sunday, there will be three meetings, meditation/pranayama, yoga and in the afternoon discussion. The retreat finishes with tea at approx. 3.00pm

To book, please download and fill in the booking form and email or send it with £100 deposit or full amount to: *Billy Doyle, 35 Nassington Road, London NW3 2TY*
Cheques payable to W. Doyle. For bank transfers please contact me for details.
Balance due 6 weeks before retreat.

Cancellations: There will be no refund within four weeks of retreat.

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.

For more details: Tel 020 7794 0773 07875 979236 billydoyle@clara.co.uk

PROGRAMME	
Friday: 6.00 pm Dinner 8.00 pm Meditation	
Saturday: 7.30 am Pranayama & Meditation 8.30 am Breakfast 10.30 am Yoga 12.30 pm Lunch 3.30 pm Tea 4.15 pm Yoga 6.00 pm Dinner 8.00 pm Meditation	Sunday: 7.30 am Pranayama & Meditation 8.30 am Breakfast 10.15 am Yoga 12.30 pm Lunch 1.45 pm Discussion 2.45 pm Tea