

# YOGA & MEDITATION 3 DAY RETREAT

7 - 10 June 2019 *in a subtle sensitive approach*

SHARPHAM HOUSE Totnes, Devon TQ9 7UT



with Billy Doyle

Sharpham House is set in a large estate with beautiful gardens and superb views over the River Dart. There are woodland paths and a riverside walk to Totnes. Single and twin rooms. [www.sharphamtrust.org](http://www.sharphamtrust.org)

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

On Monday, there will be two meetings, meditation/pranayama and yoga.

Cost £470

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 April, no refund after 10 May

*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.

For more details: Tel 020 7794 0773 / 07875 979236 [billydoyle@clara.co.uk](mailto:billydoyle@clara.co.uk)

PROGRAMME	
Friday: 6.00 pm Dinner	
8.00 pm Meditation	
Saturday:	
7.00 am Pranayama & Meditation	
8.00 am Breakfast	
10.30 am Yoga	
1.00 pm Lunch	
4.45 pm Talk / Discussion	
6.00 pm Dinner	
8.00 pm Meditation	
Sunday:	
7.00 am Pranayama & Meditation	
8.00 am Breakfast	
10.30 am Yoga	
1.00 pm Lunch	
3.15 pm Talk / Discussion	
4.30 pm Yoga	
6.00 pm Dinner	
8.00 pm Meditation	
Monday:	
7.00 am Pranayama & Meditation	
8.00 am Breakfast	
10.00 am Yoga	
12.15 pm Lunch	