



A day of Pranayama, Meditation, Yoga Postures, Self-Enquiry & Discussion

Saturday 11 May 2024

10:30 - 15:30

Meeting held at Colet House and via Zoom

The day will be a mixture of guided meditation, self-enquiry, body awareness, working with the breath and techniques of pranayama, and exploring movement and yoga postures.

The morning will focus on the yoga practices and meditation. In the afternoon there will be a talk where we will explore what is our real nature and with questions and answers.

The morning and afternoon sessions can be booked separately.

Through relaxing and listening to the body we come to the feeling of the real body, one of spaciousness. In our yoga practice we keep this feeling alive from moment to moment. In this experience of openness, a feeling without boundaries, we have a feeling of our real nature.

We explore the breath, allowing the space between each breath, feel it in different parts of the body and use the techniques of pranayama to stimulate the energy in the body. Meditation is not a cerebral activity or concentration. It is there when we are innocent of all intention, it is when we are not there. Ultimately, we come to understand there is no meditator and nothing to meditate on. We are meditation.

The workshop will be in-person at Colet House
151 Talgarth Road London W14 9DA
and also on Zoom.

You can book for the full day or half day.

To book go to <https://www.studysociety.org/whats-on/#calendar-b32601c9-0ce7-48c2-bf2d-c3ee5f9c172f-event-ls4paqfc>

Colet House provides yoga mats, cushions, blankets and blocks.

Schedule:

- 10.00 Doors will be open
- 10.30 Morning session one
- 11.40 Tea break
- 12.00 Morning session two
- 13.00 Lunch break (BYO or buffet lunch available)
- 14.00 Afternoon session (Q&A)
- 15.30 Close / afternoon tea.