



Sunday February 5th one-day workshop in London

Yoga in the Kashmir Tradition, Pranayama, Meditation, Self-Enquiry and Discussion.

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.

We will be enquiring into what is our real nature with time for questions.

Through relaxing and listening to the body we come to the feeling of the real body, one of spaciousness. In our yoga practise 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 at Colet House, Barons Court and on Zoom.

If you would like to join us online via Zoom, please select the ZOOM ONLY ticket option and you will be sent joining instructions nearer the time.

Delicious vegetarian lunch by Pareena at One Ruh is available.

Please add-on lunch option if you wish to pre-order your meal.

Here is the Link to get your ticket <https://www.studysociety.org/billy-doyle/>

billydoyle.com