

**BOOKING FORM**  
(PLEASE USE CAPITAL LETTERS)

Name: \_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Town/City: \_\_\_\_\_

County: \_\_\_\_\_ Post Code: \_\_\_\_\_

Tel: \_\_\_\_\_

Mobile: \_\_\_\_\_

E-mail: \_\_\_\_\_

A deposit of £70 will reserve a place for you on the course.  
The remaining balance of £125 is due by the 28<sup>th</sup> February.

Total amount included:      £ \_\_\_\_\_ ✂

**HOW TO GET THERE**

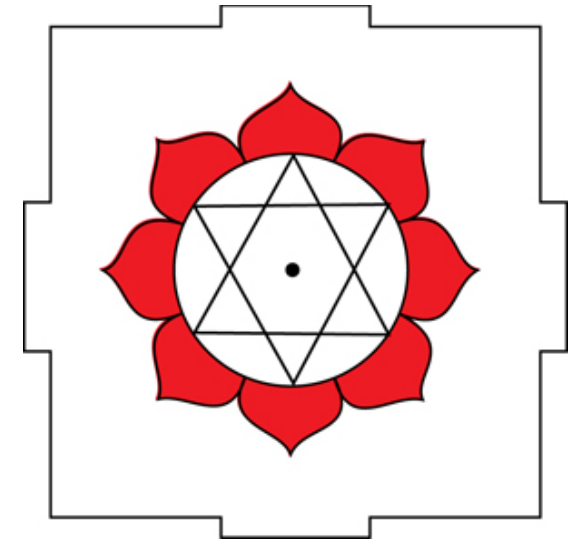


Padmasambhava Yoga Centre entrance is on Llandeilo's main street.

Llandeilo is situated in South West Wales where the A40 and the A483 trunk roads cross. The M4 motorway also passes nearby. It is provided with rail and bus services with Swansea and bus services with Carmarthen. Please contact us for help with planning your journey.

**Padmasambhava Yoga & Meditation Centre**  
66 Rhosmaen Street, Llandeilo,  
Carmarthenshire. SA19 6EN  
Tel: 01558 823842  
Website: [www.padma.org.uk](http://www.padma.org.uk)  
Email: [mail@padma.org.uk](mailto:mail@padma.org.uk)

# Deepening Practice



- Consolidate and Deepen your Practice
- Re-awaken Inspiration and Vitality
- Connect with Like-Minded People
- Support your Home Practice

## ABOUT THE COURSE

*Enrich your Practice and Life*  
Deepening Practice is about integration and connection. It brings the threads of Yoga, Meditation and Ayurveda together while drawing on guidance from Patanjali's Sutras on personal practice and exploring the path of self study.

The course is for anyone wishing to start, develop or deepen their practice, sense of well-being, and connection to themselves and others.

It will provide an opportunity for you to review and re-awaken your inspiration and vitality with like-minded people in a supportive environment.

The course develops over a six-month period of five Saturdays, concluding with a full day in September.

You will be provided with reading material and a spiritual diary. Telephone and email contact will be offered by Poornam to support your home practice.

## COURSE DATES

Saturdays:  
21<sup>st</sup> April, 19<sup>th</sup> May, 16<sup>th</sup> June and  
14<sup>th</sup> July 10.00 – 14.00  
22<sup>nd</sup> Sept 10.00 – 17.00

## COURSE TEACHER

Poornam is a warm, sensitive, and very experienced teacher with a commitment to empowering her students to find their full potential.

Her approach is energetic, no-nonsense, humorous, intuitive, direct and compassionate. She has a deeply felt, lived and underlying vision of yoga as a way of life.

Poornam's teaching is direct and deceptively simple. Her style is to softly guide, hold, challenge and support her students through thick and thin.

After many years of extensive and deep training in many aspects of yoga at Satyananda ashrams in India and at SYC London. Poornam became Director of teaching at Padmasambhava in Llandeilo under the guidance of Swami Niranjanananda. She helped run all aspects of the centre and taught a wide spectrum of yoga and meditation techniques and practices for 12 years. She has particular expertise in mantra and nada yoga.

She has run a series of acclaimed "Yoga Lifestyle" courses over recent years which have greatly helped many practitioners and teachers to more fully integrate the subtle practices of yoga into their daily lives.



Poornam has also worked as a Montessori teacher over two decades and as part of this has introduced yoga to many children.

Poornam's wide experience and her own daily practice has made her a very special guide to support you in developing and celebrating your own practice.

## THE VENUE

Padmasambhava Yoga Centre, Llandeilo, Carmarthenshire. The centre provides simple, elegant facilities with a quiet secluded garden and is run based on yogic principles.

## COURSE FEES

The course fee is £195 including tuition and resources. Concessions available.

## HOW TO BOOK

Please complete the attached booking form, detach it and mail with your deposit made payable to "Padmasambhava" and send to:-

Padmasambhava,  
66 Rhosmaen Street,  
Llandeilo, Carmarthenshire, SA19 6EN

If you wish to pay electronically email [mail@padma.org.uk](mailto:mail@padma.org.uk) for bank details.

Group size 10, so please book early to ensure a place.

If you have any enquires please phone Poornam on 01364 652654 or email: [poornam@padma.org.uk](mailto:poornam@padma.org.uk)