

SUMMER TERM 2018

BEGINNERS

Llandeilo (Cont.) Thur Apr 19th 6.15 - 7.45pm
11 week course Fee £71.50

Llandeilo (New) Thur Jun 7th 8.00 - 9.30pm
5 week course Fee £32.50

1st YEAR

Llandeilo Mon Apr 16th 8.00 - 9.30pm
Llandeilo Tue Apr 17th 8.00 - 9.30pm
Llandeilo Wed Apr 18th 8.00 - 9.30pm
11 week courses Fee £71.50

2nd YEAR

Llandeilo Tues Apr 17th 6.15 - 7.45pm
11 week course Fee £71.50

3rd YEAR

Llandeilo Wed Apr 18th 6.15 - 7.45pm
11 week course Fee £71.50

OPEN CLASS (Daytime)

Llandeilo Wed Apr 18th 1.00 - 2.30pm
11 week course Fee £71.50

OVER 50s

Llandeilo Tues Apr 17th 11.00 - 12.30pm
11 week course Fee £71.50

GENTLE YOGA

Llandeilo Thur Apr 19th 11.00 - 12.30pm
11 week course Fee £71.50

RESTORATIVE YOGA (Relax & Renew)

Llandeilo Fri Apr 20th 4.00 - 5.30pm
Llandeilo Fri Jun 8th 4.00 - 5.30pm
3 week courses Fees £19.50
Drop-in Fee £7.50 (Call to book)

MEDITATION COURSE (Continuing)

Llandeilo Mon Apr 23rd 6.30 - 7.45pm
10 week course Fee £65

AMMANFORD PENSIONERS HALL CLASS

Ammanford Tue Apr 17th 7.45 - 9.15pm
Tue Jun 5th 7.45 - 9.15pm
6 & 5 week courses Fees £39 & £32.50

CWRT HENRI CLASS

Reading Room Tues Apr 17th 1.30 - 3.00pm
Reading Room Tues Jun 5th 1.30 - 3.00pm
6 & 5 week courses Fees £45 & £37.50
Drop-in Fee £8.50

CHAIR BASED YOGA

Maes Elfryn Hall Fri Apr 20th 3.30 - 4.30pm
11 week course Fee £33

Half-term break is the week starting May 28th
Last week of term is the week starting July 2nd

WORKSHOPS AT PADMASAMBHAVA

DEEPENING PRACTICE

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: Saturday Mornings 10.00 - 2.00pm

21st April, 19th May, 16th June, 14th July.

22nd Sept 10.00 - 5.00pm

Deepening Practice is for yoga students, yoga lifestyle practitioners and yoga teachers.

Poornam is a warm and sensitive teacher who brings an energetic and no-nonsense approach to class, with an underlying vision of yoga as a way of life.

Venue: PadmaSamBhava **Fee:** £195 (resources included)

Contact the centre for a brochure and course details.

PADMASAMBHAVA 30 YEAR CELEBRATION

On 8.8.88 the building at 66 Rhosmaen St, previously in use as a hardware store, was purchased with the intent to establish a Yoga teaching and research centre, teaching authentic yoga in the Satyananda tradition.

To celebrate the event we shall be holding an early morning havan (fire ceremony) on the 8th August at 6.30am. More details to follow.

We would like to share the ceremony with students both old and new and anybody who may have been touched by the teachings through the years.

Padmasambhava Yoga & Meditation Centre

66 Rhosmaen Street, Llandeilo, Carmarthenshire. SA19 6EN

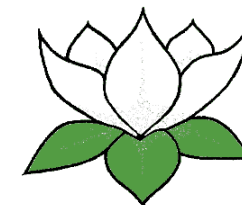
Contact the office on Tel: 01558 823842

Website: www.padma.org.uk - Email: mail@padma.org.uk

PADMASAMBHAVA

Yoga and Meditation

Classes



SUMMER 2018

Meditation

General Yoga Classes

Individual Classes

Mother & Baby Yoga

Restorative Yoga

Chair Based Yoga

Yoga for Cancer

Workshops & Retreats

WHAT IS YOGA ?

Yoga is from the Sanskrit “yug” meaning “union”. It implies the unification of body, mind, and spirit.

Yoga provides a complete system, a truly holistic approach which helps to unite all aspects of your person for a healthier and more fulfilling life.

Yoga seeks to achieve this union and completeness through the following techniques:

ASANAS – postures that loosen up joints, strengthen and stretch muscles, improve blood circulation and remove toxins from the body.

PRANAYAMA – breathing practices that improve respiratory and heart function and increase energy. This reduces tension and stimulates a sense of aliveness.

MEDITATION – various techniques that can slow your heart rate and diminish negative emotions. It induces calmness, joy, clarity of perception and improved memory.

RELAXATION – through guided awareness of body and breath. This alleviates deep mental stress leaving us refreshed, positive and clear-headed.

WHAT TYPE OF YOGA DO WE TEACH ?

We teach Integral Yoga, a blend of classic postures, breathing practices, deep relaxation and meditation techniques.

We also incorporate a broad range of techniques which generate energy (Kriya Yoga), cleanse the physical body (Hatha Yoga) and balance our emotions through music and sound (Bhakti / Nada Yoga).

We aim to teach Yoga that responds to the needs of society.



PADMASAMBHAVA

in
Sanskrit
means place
where unfolding
or awakening of
potential can take place.
Our aim is
to guide students
towards their physical,
mental & spiritual potential
through the teaching
of yoga and
meditation.

We provide
an environment
where everyone can
relax, grow
and heal.

WHAT IS PADMASAMBHAVA ?

A non-profit making organisation run by volunteers (Karma Yogis).

A centre deeply involved in the teaching of yoga and meditation, based in Llandeilo, Carmarthenshire.

A centre with access to an international team of yoga teachers, therapists and yoga researchers.

Padmasambhava has been part of Llandeilo for 30 years. During this time it has evolved to include several teachers from the local area. Together we aim to bring authentic yoga to all in our community.

Concessionary rates for those in need.



WHAT DO WE OFFER ?

Regular yoga classes both at the centre and surrounding areas.

Day seminars by visiting teachers from the UK and abroad.

Yoga classes for all levels (beginners to advanced) incorporating physical postures, breathing practices, deep relaxation and meditation.

Yoga classes, meditation seminars and health retreats held at other venues by caring skilful people.

Classes restricted in numbers to ensure individual attention.

A small lending library with books and magazines on yoga, Ayurveda and meditation.

Individual private classes.

Yoga for specific groups.