

AUTUMN TERM 2018

BEGINNERS

Llandeilo (New) Thur Sept 27th 6.15 - 7.45pm
9 week course Fee £58.50

1st YEAR

Llandeilo Mon Sept 17th 8.00 - 9.30pm
Llandeilo Tue Sept 18th 8.00 - 9.30pm
Llandeilo Wed Sept 19th 8.00 - 9.30pm
11 week courses Fee £71.50

2nd YEAR

Llandeilo Tues Sept 18th 6.15 - 7.45pm
11 week course Fee £71.50

3rd YEAR

Llandeilo Wed Sept 19th 6.15 - 7.45pm
11 week course Fee £71.50

OPEN CLASS (Daytime)

Llandeilo Wed Sept 19th 1.00 - 2.30pm
11 week course Fee £71.50

OVER 50s

Llandeilo Tues Sept 18th 11.00 - 12.30pm
11 week course Fee £71.50

GENTLE YOGA

Llandeilo Thur Sept 20th 11.00 - 12.30pm
11 week course Fee £71.50

AMMANFORD CLASS (Ebenezer Baptist Chapel)

Ammanford Mon Sept 24th 6.30 - 8.00pm
Mon Nov 5th 6.30 - 8.00pm
5 week courses Fees £32.50

CWRT HENRI CLASS

Reading Room Tues Sept 18th 1.30 - 3.00pm
Reading Room Tues Nov 6th 1.30 - 3.00pm
6 & 5 week courses Fees £45 & £37.50
Drop-in Fee £8.50

CHAIR BASED YOGA (Fortnightly)

A 6-week course of fortnightly Friday afternoon classes at Maes Elfryn Hall

Sept 28th - Oct 12th & 26th - Nov 9th & 23rd - Dec 7th
Maes Elfryn Hall Fri Sept 28th 3.30 - 4.30pm
6 week course Fee £18

Half-term break is the week starting Oct 29th
Last week of term is the week starting Dec 3rd

WORKSHOPS AT PADMASAMBHAVA

AUTUMN EQUINOX DAY OF CLEANSING

Using hatha yoga cleansing practices to strengthen your body and mind in preparation for the change of seasons.

Saturday Sept 23rd 9.00 - 12.00am Fee £20

Presenters: Vanessa & Poornam. **continued**

WORKSHOPS AT PADMASAMBHAVA

THE GOLDEN THREAD:

Sadhana and the Rhythms of Nature

Consistent practice (Sadhana) brings clarity and increased energy, with a conscious awareness of the thread of one's life. The rhythms of Nature and the Seasons impact upon our experience of daily life and ourselves, too.

This four-part course over one year develops and strengthens Sadhana through the Seasons. We look at the components of successful Sadhana, develop awareness of the obstacles which may arise, and introduce techniques and strategies to overcome them.

This course takes inspiration from our natural surroundings, the Seasons and rhythms of Nature, to strengthen the golden thread of Sadhana.

Each workshop day will include Asana, Pranayama, Meditation, Yoga Nidra and Mantra, drawing upon the wealth of techniques in Yoga to work more closely with Nature, while strengthening one's understanding of the commitment to Sadhana. Practices will take place both indoors and outside - depending upon the weather and time of year.

Start Date: Saturday Nov 10th 10.00 - 4.30pm
Nov 10th - Mar 16th - Jun 15th - Sept 14th

Presenters: Poornam & Vanessa **Fee:** £196

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. Poornam holds diplomas from the Bihar School of Yoga (Satyananda) and the British Wheel of Yoga.

Vanessa has been living and teaching at Padmasambhava since 2009. She is a gentle and generous teacher who has a particular interest in Karma Yoga and Meditation and the practical applications of Yoga. Vanessa holds diplomas from the Bihar School of Yoga (Satyananda) and the British Wheel of Yoga.

Padmasambhava Yoga & Meditation Centre

66 Rhosmaen Street, Llandeilo, Carmarthenshire. SA19 6EN

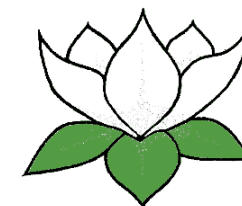
Contact the office on Tel: 01558 823842

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

PADMASAMBHAVA

Yoga and Meditation

Classes



AUTUMN 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.