

## SPRING TERM 2019

<b>BEGINNERS</b>		
Llandeilo (New)	Thur Jan 17 <sup>th</sup>	6.15 - 7.45pm
10 week course	Fee £65.00	
<b>1<sup>st</sup> YEAR</b>		
Llandeilo	Mon Jan 14 <sup>th</sup>	8.00 - 9.30pm
Llandeilo	Tue Jan 15 <sup>th</sup>	8.00 - 9.30pm
Llandeilo	Wed Jan 16 <sup>th</sup>	8.00 - 9.30pm
11 week courses	Fee £71.50	
<b>2<sup>nd</sup> YEAR</b>		
Llandeilo	Tues Jan 15 <sup>th</sup>	6.15 - 7.45pm
11 week course	Fee £71.50	
<b>3<sup>rd</sup> YEAR</b>		
Llandeilo	Wed Jan 16 <sup>th</sup>	6.15 - 7.45pm
11 week course	Fee £71.50	
<b>OPEN CLASS (Daytime)</b>		
Llandeilo	Wed Jan 16 <sup>th</sup>	1.00 - 2.30pm
11 week course	Fee £71.50	
<b>OVER 50s</b>		
Llandeilo	Tues Jan 15 <sup>th</sup>	11.00 - 12.30pm
11 week course	Fee £71.50	
<b>GENTLE YOGA</b>		
Llandeilo	Thur Jan 17 <sup>th</sup>	11.00 - 12.30pm
11 week course	Fee £71.50	
<b>STRETCH &amp; RELAX</b>		
Llandeilo	Fri Jan 25 <sup>th</sup>	11.30 - 1.00pm
Llandeilo	Fri Mar 8 <sup>th</sup>	11.30 - 1.00pm
5 week courses	Fees £32.50	
Drop-in	Fee £7.50 (Call to book)	
<b>MEDITATION COURSE (Continuing)</b>		
Llandeilo	Mon Jan 21 <sup>st</sup>	6.30 - 7.45pm
9 week course	Fee £58.50	
<b>AMMANFORD CLASS (Ebenezer Baptist Chapel)</b>		
Ammanford	Mon Jan 14 <sup>th</sup>	6.30 - 8.00pm
	Mon Mar 4 <sup>th</sup>	6.30 - 8.00pm
6 & 5 week courses	Fees £39 & £32.50	
<b>CWRT HENRI CLASS</b>		
Reading Room	Tues Jan 15 <sup>th</sup>	1.30 - 3.00pm
Reading Room	Tues Mar 5 <sup>th</sup>	1.30 - 3.00pm
6 & 5 week courses	Fees £45 & £37.50	
Drop-in	Fee £8.50	
<b>CHAIR BASED YOGA (Fortnightly)</b>		
A 7-week course of mostly fortnightly Friday afternoon classes at Maes Elfryn Hall		
	Jan 18 <sup>th</sup> & 25 <sup>th</sup> - Feb 8 <sup>th</sup> & 22 <sup>nd</sup> - Mar 8 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup>	
Maes Elfryn Hall	Fri Jan 18 <sup>th</sup>	3.30 - 4.30pm
7 week course	Fee £21	

Half-term break is the week starting Feb 25<sup>th</sup>  
Last week of term is the week starting April 1<sup>st</sup>

## WORKSHOPS AT PADMASAMBHAVA

**RADIANT ENERGY** - The Maha Mrityunjaya Mantra  
Maha Mrityunjaya Mantra along with Gayatri holds the highest place among mantras used for contemplation and meditation. It is used to restore health and vitality, provide emotional nurturance and reduce fear. Come and enjoy a two-hour introductory workshop where we will learn to chant the mantra line by line and conclude with chanting the mantra together 108 times. For beginners and experienced practitioners.

**Date:** Friday February 15<sup>th</sup> 5.00 - 7.00pm

**Fee:** £8 **Presenter:** Poornam

**HRIDAYAKASHA DHARANA** -  
Returning to the Space of the Heart

Hridayakasha Dharana, a vedic meditation, works with breath and awareness to experience the subtle space of the spiritual heart, where feelings and emotions can be transformed into peace, joy and harmony.

The focus of the day is on returning to the warmth of this space through posture, mantra, mudra, breath and meditation. Develop the ability and compassion to stay with what is arising.

For beginners and experienced practitioners.

**Date:** Saturday February 16<sup>th</sup> 10.00 - 4.30pm

**Fee:** £35 **Presenter:** Poornam

**SPRING EQUINOX DAY OF CLEANSING**

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

**Date:** Saturday March 16<sup>th</sup> 9.00 - 12.00am

**Fee:** £20 **Presenters:** Vanessa, Atma.

**THE GOLDEN THREAD** -  
Sadhana and the Rhythms of Nature

This four-part course over one year develops and strengthens Sadhana through the Seasons. This course begins on 16<sup>th</sup> November 2019. Contact the centre for details.

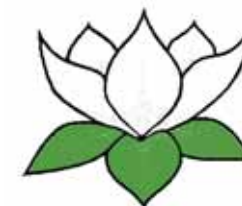
**Presenters:** Poornam & Vanessa.

Padmasambhava Yoga & Meditation Centre  
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# PADMASAMBHAVA

## Yoga and Meditation

### Classes



SPRING 2019

### 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.



## PADMA S A MBHAVA

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.