

## SUMMER TERM 2019

### BEGINNERS

Llandeilo Thur May 2<sup>nd</sup> 6.15 - 7.45pm  
10 week course Fee £65.00

### 1<sup>st</sup> YEAR

Llandeilo (9 Week) Mon Apr 29<sup>th</sup> 8.00 - 9.30pm

Llandeilo (10 Week) Tue Apr 30<sup>th</sup> 8.00 - 9.30pm

Llandeilo (10 Week) Wed May 1<sup>st</sup> 8.00 - 9.30pm  
9 & 10 week courses Fees £58.50 & £65

### 2<sup>nd</sup> YEAR

Llandeilo Tues Apr 30<sup>th</sup> 6.15 - 7.45pm  
10 week course Fee £65

### 3<sup>rd</sup> YEAR

Llandeilo Wed May 1<sup>st</sup> 6.15 - 7.45pm  
10 week course Fee £65

### OPEN CLASS (Daytime)

Llandeilo Wed May 1<sup>st</sup> 1.00 - 2.30pm  
10 week course Fee £65

### OVER 50s

Llandeilo Tues Apr 30<sup>th</sup> 11.00 - 12.30pm  
10 week course Fee £65

### GENTLE YOGA

Llandeilo Thur May 2<sup>nd</sup> 11.00 - 12.30pm  
10 week course Fee £65

### MEDITATION COURSE (Continuing)

Llandeilo Mon May 13<sup>th</sup> 6.30 - 7.45pm  
May 13<sup>th</sup> & 20<sup>th</sup> - June 17<sup>th</sup> & 24<sup>th</sup> - Fee £26

### AMMANFORD CLASS (Ebenezer Baptist Chapel)

Ammanford Mon Apr 29<sup>th</sup> 6.30 - 8.00pm  
Mon Jun 3<sup>rd</sup> 6.30 - 8.00pm

3 & 7 week courses Fees £19.50 & £45.50

### CWRT HENRI CLASS

Reading Room Tues Apr 30<sup>th</sup> 1.30 - 3.00pm  
Reading Room Tues Jun 4<sup>th</sup> 1.30 - 3.00pm

4 & 6 week courses Fees £30 & £45

Drop-in Fee £8.50

### CHAIR BASED YOGA (Fortnightly)

A 7-week course of mostly fortnightly Friday afternoon classes at Maes Elfryn Hall

May 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> - June 7<sup>th</sup> & 21<sup>st</sup> - July 5<sup>th</sup> & 12<sup>th</sup>

Maes Elfryn Hall Fri May 3<sup>rd</sup> 3.30 - 4.30pm  
7 week course Fee £21

### A SATURDAY RESTORATIVE YOGA CLASS

A Saturday Restorative Yoga class before the Summer.

Llandeilo Sat July 6<sup>th</sup> 10.00 - 11.30am  
One class Fee £8.50

Half-term break is the week starting May 27<sup>th</sup>

Last week of term is the week starting July 8<sup>th</sup>

## WORKSHOPS AT PADMASAMBHAVA

### BECOMING A COMPASSIONATE WITNESS

The witness is the silent, peaceful centre of your being. When you develop the witness, it empowers your ability to know who you are and to see things as they are. It enables you to respond with greater compassion and sensitivity. A compassionate witness is moved to alleviate the suffering in themselves and others.

We will explore developing the ability and compassion to stay with what is arising through posture, breath and meditation.

**Date:** Saturday June 8<sup>th</sup> 10.00 - 4.00pm

**Fee:** £35 **Presenter:** Poornam

### SATURDAY RESTORATIVE YOGA - RELAX & RENEW

A Saturday Restorative Yoga class before the Summer Break. This mostly floor-based class starts with Gentle stretching, before moving onto the Restorative poses. In Restorative Yoga props such as bolsters, blankets, and cushions are used to safely support the body in various yoga postures. Restorative Yoga is useful when you need to eliminate fatigue or stress as it allows both experienced practitioners and those new to yoga to experience deep rest, both physically and mentally.

**Date:** Saturday July 6<sup>th</sup> 10.00 - 11.30am

**Fee:** £8.50 **Presenter:** Christley

### THE GOLDEN THREAD

#### Sadhana and the Rhythms of Nature

This four-part course with Poornam and Vanessa explores Sadhana - the path of practice - and the interrelationship between us, our environment and our inner nature.

Following the cycle of the seasons, the tools of yoga and a deepening awareness of nature, we invite participants to undertake their personal quest through Sadhana for a full year with practices both in and outdoors.

#### National Botanic Garden of Wales

Saturdays: 10.00 - 4.00pm (5.00pm Summer)

9<sup>th</sup> Nov 2019; 14<sup>th</sup> Mar, 13<sup>th</sup> June & 12<sup>th</sup> Sept 2020

Contact the centre for the Golden Thread brochure

#### Padmasambhava Yoga & Meditation Centre

66 Rhosmaen Street, Llandeilo, Carmarthenshire. SA19 6EN

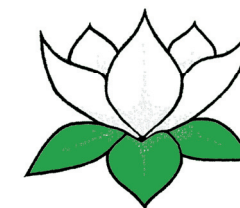
Contact the office on Tel: 01558 823842

Website: [www.padma.org.uk](http://www.padma.org.uk) - Email: [mail@padma.org.uk](mailto:mail@padma.org.uk)

# PADMASAMBHAVA

## Yoga and Meditation

### Classes



### SUMMER 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.



## 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.