

## SPRING TERM 2020

### BEGINNERS (Ongoing)

Llandeilo Thur Jan 16<sup>th</sup> 6.30 - 8.00pm  
11 week course Fee £71.50

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

Llandeilo Mon Jan 13<sup>th</sup> 8.00 - 9.30pm  
Llandeilo Tue Jan 14<sup>th</sup> 8.00 - 9.30pm  
11 week courses Fees £71.50

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

Llandeilo Wed Jan 15<sup>th</sup> 8.00 - 9.30pm  
11 week course Fee £71.50

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

Llandeilo Tues Jan 14<sup>th</sup> 6.15 - 7.45pm  
Llandeilo Wed Jan 15<sup>th</sup> 6.15 - 7.45pm  
11 week courses Fees £71.50

### OPEN CLASS (Daytime)

Llandeilo Wed Jan 15<sup>th</sup> 1.00 - 2.30pm  
11 week course Fee £71.50

### OVER 50s

Llandeilo Tues Jan 14<sup>th</sup> 11.00 - 12.30pm  
11 week course Fee £71.50

### GENTLE YOGA

Llandeilo Thur Jan 16<sup>th</sup> 11.00 - 12.30pm  
11 week course Fee £71.50

### AMMANFORD CLASS (Ebenezer Baptist Chapel)

Ammanford Mon Jan 13<sup>th</sup> 6.30 - 8.00pm  
Mon Feb 24<sup>th</sup> 6.30 - 8.00pm  
5 & 6 week courses Fees £32.50 & £39

### CWRT HENRI CLASS

Reading Room Tues Jan 14<sup>th</sup> 1.30 - 3.00pm  
Reading Room Tues Feb 25<sup>th</sup> 1.30 - 3.00pm  
5 & 6 week courses Fees £37.50 & £45.00  
Drop-in Fee £8.50

### CHAIR BASED YOGA

An 8-week course held on the 2nd, 3rd & 4th Thursday morning of each month at Maes Elfryn Hall  
Jan 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup> - Feb 13<sup>th</sup> 27<sup>th</sup> - Mar 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup>  
Maes Elfryn Hall Thur Jan 16<sup>th</sup> 10.00 - 11.00am  
8 week course Fee £24

### OVER 50's YOGA COWBRIDGE (United Free Church)

Classes at the United Free Church, Cowbridge  
Please call 07884 162076 for information and booking  
Clinton Room Wed Jan 15<sup>th</sup> 7.00 - 8.30pm  
Clinton Room Wed Feb 26<sup>th</sup> 7.00 - 8.30pm  
5 & 5 week courses Fees £37.50  
Drop-in Fee 8.50

## WORKSHOPS AT PADMASAMBHAVA

### SATURDAY RESTORATIVE YOGA - RELAX & RENEW

This mostly floor-based class starts with gentle stretching, before moving on to 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.  
Class size is limited to 7. Booking is essential.

**Date:** Saturday March 7<sup>th</sup> 11.00 - 12.30 noon

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

### THE GOLDEN THREAD

#### Sadhana and the Rhythms of Nature

A four-part Yoga course with Poornam and Vanessa

- Enhance your Energy and Vitality
- Connect with Nature and the Seasons
- Feel the benefits of a Daily Practice
- Understand your Nature

This four-part course over one year develops and strengthens practice (Sadhana) through the Seasons. The rhythms of Nature and the Seasons impact upon our experience of daily life and upon our inner landscape.

This is a course about exploring the interrelationship between our inner and outer worlds and the elemental forces which form the foundation of our being.

We invite participants to undertake their personal quest, to connect to and explore their inner nature through in and outdoor practices.

#### National Botanic Garden of Wales

Saturdays: 10.30 - 4.30pm

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

Group size is limited to 12.

### Padmasambhava Yoga & Meditation Centre

66 Rhosmaen Street, Llandeilo, Carmarthenshire. SA19 6EN

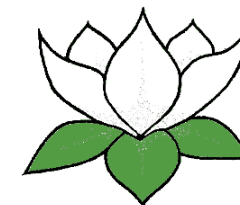
Contact the office on Tel: 01558 823842

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



## SPRING 2020

### Meditation

### General Yoga Classes

### Individual Classes

### Mother & Baby Yoga

### Restorative Yoga

### Chair Based Yoga

### Yoga for Cancer

### Workshops & Retreats

Half-term break is the week starting February 17<sup>th</sup>

Last week of term is the week starting March 30<sup>th</sup>

## 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.