

BOOKING FORM
(PLEASE USE CAPITAL LETTERS)

First Name Last Name

Booking Name/s: _____

Spiritual Name/s: _____

No. of Males: _____ No. of Females: _____

Childrens Name/s: _____ Age/s: _____

Address: _____

Town/City: _____

County/State: _____ Post Code: _____

Country: _____

Tel: _____

Fax: _____

E-mail: _____

Profession/s: _____

I ENCLOSE PAYMENT FOR THE FOLLOWING:

4 Day Retreat (Vegetarian Meals included)

Accom. at Buckland Hall @ £185 per person £ _____

Accom. in Farm/Cottage @ £145 per person £ _____

Weekend only (Vegetarian Meals included)

Adult - Farm/Cottage Accom. @ £108 per person £ _____

Children (age 5 to 14) @ £40 each £ _____

Children (under 5) Free

Individual Day @ £45 per day (Lunch included) £ _____

Please indicate day of attendance below:

Thurs Fri Sat Sun

Total amount included: £ _____

Made payable to 'Padmasambhava'

Payment Method:

International Money Order Cheque

Postal Order Bankers Draft

Office Use only:

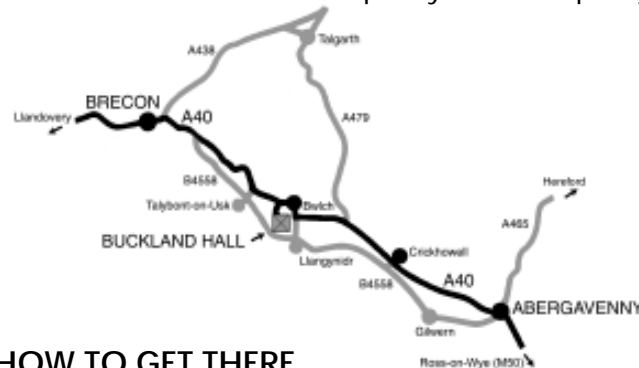
Received by _____ Date _____

THE VENUE



Buckland Hall is a large beautifully refurbished ancestral manor house with 60 acres of garden, set in the heart of the Brecon Beacons

National Park. A dedicated retreat centre which combines comfort with simplicity and tranquillity.



HOW TO GET THERE

By Car: Buckland Hall has quick connections to the M4 and M5. Approaching from Abergavenny on the A40, between Bwlch and Talybont on Usk, there is a large green sign on the left indicating the turn-off. From Brecon the sign is on the right. Approx. travel times in hours:

London 3, Birmingham 2, Oxford 2½, Cardiff 1.

By Train: To Cardiff Central, change to frequent Abergavenny train. Taxi from Abergavenny.

By Air: Cardiff Airport then train to Abergavenny or Heathrow, bus to Cardiff and train to Abergavenny.

For all enquiries contact:

Padmasambhava,
66 Rhosmaen Street, Llandeilo,
Carmarthenshire SA19 6EN, UK

Tel: + 44 (0)1558 823842

Fax: + 44 (0)1558 824437

E-Mail: seminar@bhava.freeseve.co.uk

PADMASAMBHAVA PRESENTS

APPLICATIONS
OF YOGA
IN THE NEW
MILLENNIUM



8~11 June 2000



KEYNOTE SPEAKER
SWAMI NIRANJANANANDA SARASWATI
CHANCELLOR
BIHAR YOGA BHARATI, INDIA

ABOUT THIS SEMINAR

A unique opportunity to experience a **4 day Yoga Retreat** in the stunning setting of the Welsh countryside. River or forest walks and a taste of yogic lifestyle will be integrated with practical sessions and informative workshops and lectures on the applications of yoga.

Family Weekend and **Individual Day** programmes will run concurrently comprising:

- ❁ Workshops/forums for specific invited groups (Social Services, Disabled, Medical, etc.)
- ❁ Two group sessions a day with our special guest speaker, Swami Niranjanananda Saraswati
- ❁ Hatha Yoga classes, Yoga Nidra (deep relaxation), Meditation, Kirtan and Nada Yoga with experienced Satyananda Yoga teachers from UK and Europe

KEYNOTE SPEAKER

Swami Niranjanananda Saraswati, Chancellor of BYB, is an exceptionally erudite and lucid speaker who inspires thousands around the globe. Born in India, educated in Europe and America, he is a visionary who integrates the traditional yogic wisdom of India with a deep understanding of the problems and needs of modern day society. Widely travelled, he speaks several languages and has authored over 20 publications.

BIHAR YOGA BHARATI UNIVERSITY (BYB)

BYB University was founded by Swami Niranjanananda in order to preserve and regenerate the total scope of Yogic science by combining academic and scientific methodology with a spiritual vision and lifestyle.

The first institute of its kind to impart a comprehensive yogic education, it presently offers a four month Certificate Course and a one year Diploma Course in Higher Yogic Studies, and two year MA courses in Yogic Philosophy, MA/MSc in Yogic Psychology and MSc in Applied Yogic Science.

WHAT IS PADMASAMBHAVA?

A non-profit making association and yoga centre affiliated to Bihar Yoga Bharati University. The centre is committed to conducting research and teaching yoga and meditation in Wales according to the teachings of BYB and the Bihar School of Yoga, India.

ACCOMMODATION

Buckland Hall

The 50 residential spaces will be allocated on a first come first served basis with priority for overseas delegates, teachers and workshop facilitators.

Farmhouses/cottages

The organisers have rented several well located holiday farmhouses and cottages to provide an attractive alternative accommodation option whilst maintaining the retreat and shared group atmosphere. These places will be allocated to you upon registration at Buckland Hall.

REGISTRATION

4 Day Retreat: 9am to midday on Thursday 8th.
Weekend: 4pm to 6pm on Friday 9th.

SEMINAR FEES

4 Day Retreat:

Thursday 8th 9.00am to Sunday 11th 4.00pm

~~Adult (Accommodated at Buckland Hall)~~ ^{Sold Out} £185

Adult (Accommodated in Farm/Cottage) £145

Weekend Family Programme:

Friday 9th 6.00pm to Sunday 11th 4.00pm

(Accommodated in Farm/Cottage, Family rooms available)

Adult £108

Child: 5-14 £40

under 5 (cots provided) Free

All Vegetarian meals are included.

Individual day attendance:

Adult £45

(Vegetarian lunch included)

HOW TO BOOK

Please fill in the attached booking form, detach it and send with your payment made payable to:

'Padmasambhava'
66 Rhosmaen Street
Llandeilo
Carmarthenshire SA19 6EN
UK

Tel: + 44 (0)1558 823842

Fax: + 44 (0)1558 824437

E-Mail: seminar@bhava.freeseve.co.uk

Numbers will be limited, so please book early to ensure your place.