

**BOOKING FORM**  
(PLEASE USE CAPITAL LETTERS)

Name: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Town/City: \_\_\_\_\_

County: \_\_\_\_\_ Post Code: \_\_\_\_\_

Tel: \_\_\_\_\_

Mobile: \_\_\_\_\_

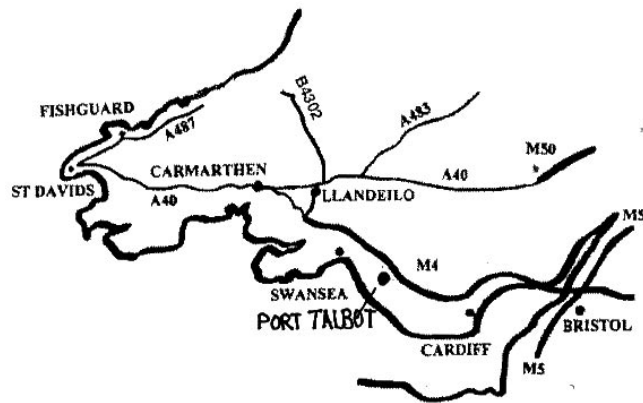
E-mail: \_\_\_\_\_

A deposit of £100 will reserve a place for you . The remaining balance of £90 is due by the 10th of May.

Total amount included: £ \_\_\_\_\_

*✂*

*HOW TO GET THERE*



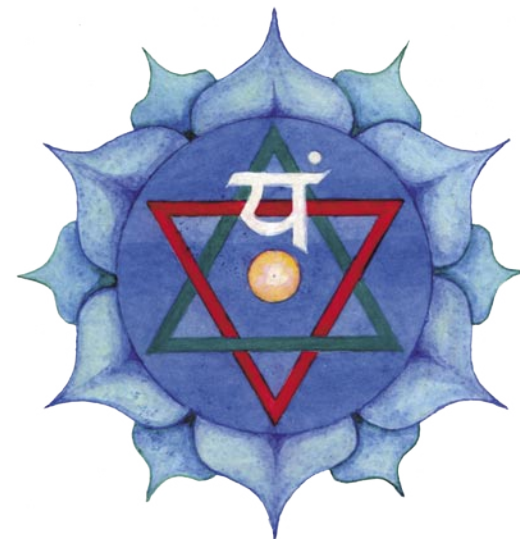
Port Talbot is well served by road and rail connections. There are direct Inter-city trains to Cardiff, London and Manchester. The M4 motorway cuts through the town from south east to north west. Junctions 38 to 41 serve Port Talbot. You come off at Junction 40 and follow the signs to Goytre.

When you book I will send detailed instructions on how to reach the venue. If you are travelling by train, please let me know so you receive local taxi telephone numbers.

**Poornam**

**Tel: 01792 413963 Mobile: 07789322305**

**Email: poornam@padma.org.uk**



*Satyananda  
Yoga  
Retreat*

**The Grange Yoga Centre,  
Goytre, Port Talbot, South Wales,  
SA19 2YR.**

**16th - 18th May 2008**

## ABOUT THE RETREAT

A three day retreat in a tranquil setting in the Welsh countryside.

Designed with an emphasis on a yogic lifestyle and focusing on integrating yogic awareness into everyday life.

For those who wish to recharge and explore the subtle aspects of Satyananda Yoga, with a daily programme of...

- Postures
- Breathing practices
- Meditation
- Yoga Nidra
- Yoga philosophy
- Chanting
- Silence
- Kirtan
- \* Fire ceremony
- Nature walks
- Participation in gardening and vegetarian cooking
- Delicious vegetarian cuisine

Through an approach that incorporates awareness of all aspects of being, Satyananda Yoga promotes the alignment of body, mind, emotions and spirit.

*Rejuvenate yourself in the practices offered*

## THE VENUE

The Grange Yoga Centre, Hafod Farm, Glamorgan.

Nestled among 12,000 acres of forest with spectacular views of Swansea bay and miles of traffic-free tracks and pathways, perfect for walking.

The Grange offers peace and tranquillity.

Here you will experience nature and yoga at its best.



## TEACHER

Poornam is a warm, sensitive teacher with a commitment to empowering her students to find their full potential.

Her approach is energetic, no-nonsense, humorous and compassionate, with an underlying vision of yoga as a way of life.

Until recently Poornam has been director of teaching at Padmasambhava Yoga Centre, Llandeilo, where she also taught Yoga and Meditation for 12 years.

Working with children for fifteen years as a Montessori teacher, Poornam has also studied and teaches yoga for children.

She completed her teaching training at the Satyananda Yoga Centre, London in 1995, and holds teaching diplomas from the Bihar School of Yoga (Satyananda) and the British Wheel of Yoga.

## RETREAT FEE

The retreat starts at 4 pm on Friday and ends at 1 pm on Sunday.

The fee is £190.

## HOW TO BOOK

Please fill in the booking form and mail with your payment made payable to P. McKeown

C/O The Children's Room,  
13 Saint James's Gardens,  
Uplands, Swansea SA1 6DY.

If you have any questions you can contact me on:

Tel: 01792 413963

Mob: 07789322305

Email: [poornam@padma.org.uk](mailto:poornam@padma.org.uk)

Book early to ensure a place.