

BOOKING FORM
(PLEASE USE CAPITAL LETTERS)

Booking Name/s: First Name _____ Last Name _____

Address: _____

Town/City: _____

County/State: _____ Post Code: _____

Country: _____

Tel: _____

Fax: _____

E-mail: _____

Profession/s: _____

I ENCLOSE PAYMENT FOR THE FOLLOWING:

3 Day Retreat
Total amount included: £ _____
Made payable to 'Padmasambhava'

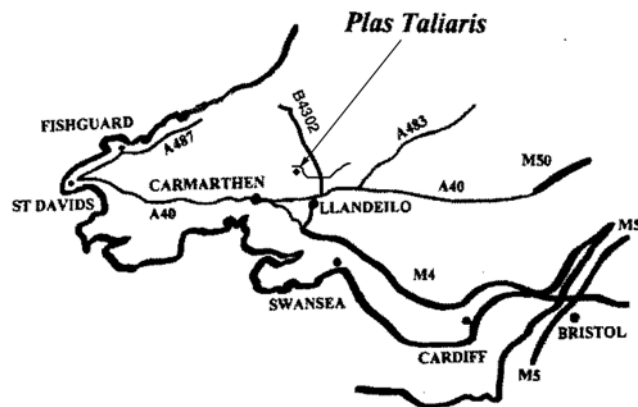
Payment Method:

International Money Order Cheque
 Postal Order Bankers draft

Office Use only:
 Received by _____ Date _____

THE VENUE

Plas Taliaris is a Georgian Mansion near Llandeilo in Carmarthenshire South Wales. Set in seven acres of lawns and woodlands overlooking the Towy Valley with impressive views towards the Black Mountain. For more details of the venue please see their web site at www.taliaris.co.uk



HOW TO GET THERE

Plas Taliaris is well served by road and rail connections. Sixteen miles from the M4, Cardiff is an hour and a quarter distance and London as little as three and a half. The A40 at Llandeilo, connecting to the M50, gives access to the Midlands and the North. Llandeilo station is on the Heart of Wales line, connecting south to Swansea and direct trains to London, and north to Shrewsbury and Crewe

For all enquiries contact Padmasambhava

PADMASAMBHAVA PRESENTS

Nada Yoga
Retreat

Plas Taliaris
Llandeilo, Carmarthenshire

4th - 6th October 2002



Krishnadhyanam (Richard Roberts)
and Poornam

ABOUT THE RETREAT

A three day retreat in a beautiful & peaceful setting in the Welsh countryside.

Explore the yoga of sound with a daily programme of

- Asana
- Pranayama
- Meditation
- Yoga Nidra
- Singing the scale sa, re, ga ...
- Mantra
- Ragas
- Kirtan
- Nature walks
- Delicious vegetarian cuisine

NADA YOGA – The Yoga of Sound

The manifest Universe is formed of energy in a constant state of vibration. Nada Yoga explores the experience of external manifest sound vibration moving towards the ever subtler sound of creation, Anahata Nada.

With sound as its base, Nada yoga develops the state of Dharana i.e. one-pointed mind. Nadanusandhana is the discovery, purification and control of these vibrations to the subtlest degree.

On this retreat we will explore the potential of sound through singing chanting and silence. We will work with practical techniques which can be used in daily life.

KRISHNADHYANAM

Krishnadhyanam (Richard Roberts) has been teaching and developing his SING OUT voicework since 1980. Inspired initially by Roy Hart Theatre, he has studied with Gilles Petit (France), Sivasankara Panniker (India) and with Paul Newham (Voice Movement Therapy, England). He is currently training as a Yoga teacher and living at SYC London.

POORNAM

Poornam is based at Padmasambhava Yoga Centre, which she helped to establish and where she has been teaching classes and workshops on various aspects of yoga and meditation since 1995.

She has been a dedicated practitioner and teacher of Nada yoga for many years. Born into a family where singing was an integral part of daily life, this continues on her path of yoga with a deepening understanding of the subtleties of sound.

PADMASAMBHAVA

Established in 1992, to teach yoga & meditation in accordance with the teachings of the Bihar School of Yoga (Satyananda Yoga), We are located in the centre of Llandeilo.

The centre is embarking on an ambitious development programme to fulfil its commitment to participating in the world network of study and research centres affiliated to Bihar Yoga Bharati University India and to provide a focus for these activities in the UK.

RETREAT FEES

The retreat starts at 4 pm on Fri 4th October & ends at 4 pm on Sunday 6th October

Retreat Fee £130

ARRIVAL

Please arrive between 3.00 - 3.30 pm to allow time for registration & refreshments prior to starting the retreat at 4.00 pm.

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: retreat@bhava.freeserve.co.uk

Group size is limited to a maximum of 25 so please book early to ensure your place.

