

## 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:

**2 Day Retreat (Vegetarian Meals included)**

**Total amount included: £ \_\_\_\_\_**

**Made payable to 'Padmasambhava'**

### Payment Method:

International Money Order

Cheque

Postal Order

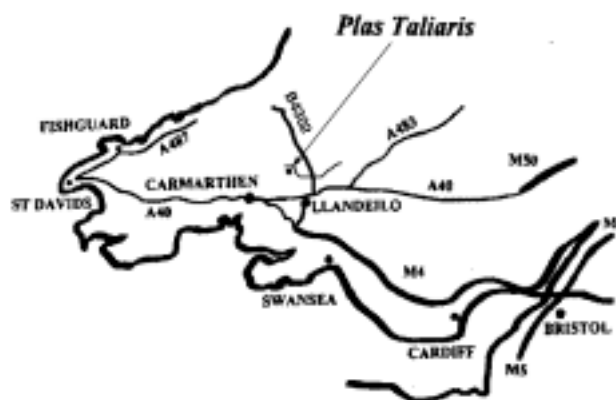
Bankers

### 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](http://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

# Yoga Retreat



29<sup>th</sup> June ~ 1<sup>st</sup> July 2001

Plas Taliaris  
Llandeilo, Carmarthenshire



With Swami Sattwamurti

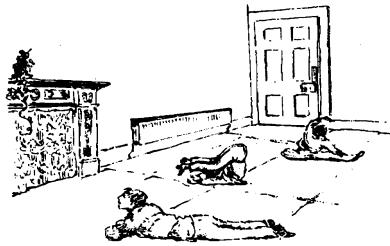
## ABOUT THE RETREAT

A two day retreat in a stunning, peaceful setting in the Welsh countryside.

A taste of yogic lifestyle will be integrated with:-

- Asanas (postures)
- Yoga Nidra (deep relaxation)
- Meditation
- Pranayama (breathing practice)
- Vegetarian diet
- Kirtan (singing)
- Nature walks

The focus of the retreat is on personal experience, with time for contemplation, feedback and discussion.



## GUNA RAHITA DHARANA

The key meditation practice during this retreat is part one of the ancient Tantric Practice of Vyoma Panchaka Dharana.

This meditation leads to an experience of the interplay of the three gunas:-

*Inertia - Tamas, Activity - Ragas, Essence - Sattwa*

This light & sometimes entertaining practice which has attracted much interest will enhance your personal practice & teaching of meditation.

## SWAMI SATTWAMURTI

An experienced yoga & meditation teacher from the "Satyananda Yoga" system. She is an expert in teaching Guna Rahita Dharana practising it daily for several years.

Her inspiration, enthusiasm & love for the practice create a light & inspiring ambience for experiencing this profound technique.

## PADMASAMBHAVA

Established in 1992, to teach yoga and meditation in accordance with the teachings of the Bihar School of Yoga, it is located in the centre of historic Llandeilo, named after St Teilo who founded a monastery there in the sixth century. 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. Proposals have been developed to provide expanded yoga teaching facilities, study bedrooms and research space at the centre.

## RETREAT FEES

The retreat starts at 4 pm on Friday 29th June & ends at 4 pm on Sunday 1st July

Adult (accommodated at Plas Taliaris) £ 130  
All organic vegetarian meals are included.

## 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.freeseve.co.uk](mailto:retreat@bhava.freeseve.co.uk)**

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