



An Inner Experience  
**Nourish**  
your deepest self  
through yoga

## A retreat with Saraswathi Vasudevan and Marc Beuvain

From the 17th to the 21st July 2011 - Poulstone Court, Kings Caple, Herefordshire

# Programme

## An experiential retreat

*"All theory, dear friend, is grey, but the golden tree of life springs ever green."* Goethe

Many tools of yoga will be explored during this retreat:

- Asana (postures)
- Pranayama (conscious breathing)
- Meditation
- Chanting
- Visualisation

The aim of this retreat will be, above all, to experience these areas of yoga. Approximately 75% of the teaching time will be dedicated to practice. Each day will be interspersed with shorter theoretical sessions and discussions to support your understanding of the experience and nourish your reflection.

## Timetable

### Sunday

Arrivals between 4pm and 6pm

8pm	Introductions and welcome
-----	---------------------------

### Monday to Wednesday

7am – 8am	Morning practice (mostly asana)
9.30am – 12.30pm	Practice and explanations of diverse yogic tools
3pm – 6pm	Practice and explanations of diverse yogic tools
8pm – 9pm	Discussion, meditation, relaxing evening practices

The 7am and 8pm sessions will be optional.

### Thursday

7am – 8am	Morning practice (mostly asana)
9.30am – 12.30pm	Practice and explanations of diverse yogic tools
3pm – 5pm	Practice and explanations of diverse yogic tools

### Meal times

Breakfast	8am – 9.30am
Lunch	1pm
Supper	6.30pm

### Silent times

The following times will be silent throughout the retreat:

Lunchtime
9pm – 8am