

Our holiday aims to combine a solid base of yoga practice together with opportunities to attend various workshops; walk and explore the varied scenic beauty of the Lake District with competent guides.

Venue

Monk Coniston is a large National Trust property set in fifteen acres of beautiful gardens and woodland with exceptional views of Conistonwater and Coniston Old Man. The grounds slope down to the shores of the lake itself. Food is wonderful, buffet breakfasts, incomparable packed lunches and a wide choice of dinner menus. Special diets can be catered for.

Tutors



Rosemary "Prema" Bennett started practicing yoga 40 years ago as a way to keep fit when working for the BBC, it soon became an absolute necessity for overcoming stress. She has studied in many styles with a wide range of teachers, she has been strongly influenced by Swami Satchidanana Ma who mixes Integral Yoga with the Alexander Technique and Swami Omkarananda's teachings of mantra. She has taught for 30 years, trained BWY yoga teachers for 25 and leads a disciplined yet flowing style which blends precision in alignment with her love of movement and the power of meditation, mantra and pranayama. In 2004 she was initiated as a Swami at the Omkarananda Ashram in Switzerland. Her theme will be Self-Compassion.



Marye Wyvill trained for five years at the Dharma Yoga Centre under the tutelage of Julie Friedeberger and Swami Dharmananda, and later spent four years as a resident and teacher at Mandala Yoga Ashram in Wales. She is also a teacher and trainer of Ruthy Alon's "Bones for Life" programme, designed to stimulate bone strength through natural movement and weight-bearing posture. She tutors BWY IST days and has produced several Yoga Nidra CDs. Her themes will be 'Bones for Life' and 'Walk for Life'. For further information see www.bonesforlife.com

Rajesh David trained at The Yoga Institute, Mumbai, India. He is also a singer and composer, with a background in Indian classical music. As a professional singer he was an A- grade artist for All India Radio & Television. Whilst living as a resident of Mandala Yoga Ashram in Wales for four years, he conducted



yoga.

kirtan and chanting sessions, gave concerts and taught regular Nada Yoga courses. He is a warm and experienced teacher offering BWY IST days and seminars on Nada Yoga and classical yogic texts in UK and internationally. His many CDs include devotional music, mystical poems and music for relaxation. His sessions will focus on Nada, Kriya and Bhakti



Shakti Bhakti (Helen Barker) is a Structural Yoga, Ayurvedic and Marma therapist whose personal experience of Structural Yoga Therapy has been profound. She has trained yoga teachers, runs workshops, yoga holidays, retreats and also works with individual students to develop harmony in their lives.

YogaNamaste.co.uk



Jayadhara (Jane Cluley) discovered yoga at university and began teaching in 1988, she studied yoga philosophy in India and offers BWY Foundation and Diploma teacher training courses. Her teaching draws on the wisdom of Satyananda Yoga, Mukunda Stiles and Mindfulness. She has a talent for expressing her teaching clearly and enjoyably.



Len Goss will be with us again; his voice, singing and chanting workshops are uplifting, joyful, challenging and filled with a warm humour that comes with his leadership.



Cheryl Lee-Appleby grew up in Rochester, Minnesota, USA and lived at the Manjushri Institute Buddhist Community near Ulverston, Cumbria 1983-91 completing her BWY Diploma in 1988. She has taught locally in Ulverston and Barrow for many years, Scaravelli approach has been a big influence.

Other tutors will be visiting during the week, giving workshops in their specialist subjects. There will also be various social events and music in the evenings.

YOGA & WALKING HOLIDAY

Cost – all rooms en suite

Price includes full board and all tuition.

Single £770 Twin/Double £720 per person

Deposit: £100 with booking (non-refundable), balance payable 12 weeks before holiday.

Cheques to J. Cluley or BACS payments to Sort Code 09-01-27 account 38203361.

Feedback from previous years

'The holiday was very well organised, I liked the packed schedule. Its been a wonderful experience.'

'It was good having a choice of sessions and flexibility of being able to do something on my own.'

'A fantastic week – my first visit to Monk Coniston but I'm sure it won't be the last!'

'An excellent programme this year, it was good having a wide variety of tutors; camaraderie and friendship were excellent'



Booking & Programme Details

Jane Cluley, Moonrise, Low Street, Husthwaite, York YO61 4QA

Tel: 07906 652669 email janecluley@tiscali.co.uk Web: Yogandshiatsu.org.uk

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Coniston Yoga & Walking Holiday 17-22 March, 2019

Name.....

Address.....

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Postcode Telephone

Email.....

Accommodation Required.....

Special dietary requests or allergies?

Yoga Experience?.....

Further information & receipt if required, will be sent by e mail unless an SAE is enclosed

Coniston in the Lake District



17 – 22 March 2019

Guest Tutors – **Rosemary “Prema” Bennett**

Marye Wyvill and Rajesh David

2 Guided Walks daily

3+ Yoga Sessions & Meditation daily

Sessions exploring healing, voice, mantra, movement,
Visits to local places of interest
Evening workshops, music and social occasions