

# Coniston 2019

## 17 – 22 March

# Yoga and Walking Holiday

	Yoga or Meditation 7-8am	Talks 9.15-10am	Yoga and Workshops 10.30 – 12.00 Monday & Wed 10 -12.00 Tuesday & Thursday	Walks a) 12.30-4.00pm b) 12.30-6.00pm	Yoga and Workshops 4.30 – 6.00pm		Workshops 8.30pm
SUN 17	Arrivals after 2.30pm      Tea 4pm in the FOYER      5.00-6.30 Yoga - Prema – Barn 5.00-6.30 Amble with Martin – Meet in Foyer						Introductions
MON 18	1. Yoga – Cheryl 2. Meditation - JD	Prema	Tea & Coffee	1. Prema 2. Shakti –	a) Mike b) Martin	1. Prema 2. Len – Tzaie & other spiritual chants	1. Len – Chants from around the World 2.
TUE 19	1. Yoga – Cheryl 2. Meditation - JD	1. Prema 2. Shakti –			a) Mike b) Martin	1. Len – Singing for all 2. JD	Musical Evening Rajesh
WED 20	1. Yoga – Cheryl 2. Meditation - JD	Marye – Introducing bones for life	Tea & Coffee	1. Marye – Clarifying the spine’s two main responses to pressure 2. Rajesh	a) NT Warden - Walk b) Martin	1. Marye – Keys to quality walking – harmonious coordination 2. Rajesh	1. Rajesh 2. Shakti –
THUR 21	1. Yoga – Cheryl 2. Meditation - JD	1. Marye – Focusing on neck and lumbar 2. Shakti			a) Mike b) Martin	1. Marye – The body – language of uprightness and gentle assertion 2. Rajesh	Yogis have talent & Celebrations
FRI 22	Yoga – Cheryl			Farewells and depart rooms by 10am			

Dinner 7pm