

## Yoga and Walking Holiday Coniston, 15 – 20 March 2020

	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 15	Arrivals after 2.30pm      Tea 4pm in the FOYER      5.00-6.30 Yoga - Marguerita – Intro to Koshas 5.00-6.30 Amble with Michael – Meet in Foyer						Dinner 6.45pm	Introductions
MON 16	1. Yoga – Cheryl 2. Meditation - JD	Marguerita – Koshas – How are your 'layers'?	Tea & Coffee	1. Marguerita – Annamaya & Pranamaya koshas 2. Shakti – Becoming calm and clear	a) Mike b) Michael	1. Marguerita – Manomaya & Vijnanamaya koshas 2. Len – Tzaie & other spiritual chants		1. Len – Chants from around the World 2. Steve - The Yoga path to meditation
TUE 17	1. Yoga – Cheryl 2. Meditation - JD	1. Marguerita – Anandamaya kosha 2. Steve – The way of the Warrior		a) Mike b) Michael	1. Len – Percussion & Voice 2. Shakti – The heart is the resting place of the mind	Professional Musical Evening		
WED 18	1. Yoga – Cheryl 2. Meditation - JD	Susan – Personal reflections on Patanjali 2.1 – Kriya Yoga	Tea & Coffee	1. Susan – Exploring PYS 2.1 though practice - Tapas 2. JD – Breathing and bandhas	a) Geoff b) Michael	1. Susan – Creating space through surrender and sound 2. Minker – The Five elements		1. JD- YN/Yantras 2. Shakti – When the mind rests in the heart....
THUR 19	1. Yoga – Cheryl 2. Meditation - JD	1. Susan - Exploring PYS 2:1 thru practice – Svadhyaya 2. Shakti – Make the mind your friend		a) Mike b) Michael	Susan - Exploring PYS 2:1 through practice - Isvara Pranidhana	Yogis have talent & Celebrations		
FRI 20	Yoga – Cheryl	Farewells and depart rooms by 10am						