

INNER SANCTUM

EXPLORING THE MOMENT

A Yoga weekend retreat with
Eleanor Dawson and Hilary Norman

23–25 September 2022

Woodbrooke Quaker Study Centre
Selly Oak, Birmingham



INNER SANCTUM: EXPLORING THE MOMENT

Our daily lives allow little time and space to explore the Yoga practice in depth. Sometimes we can find a deeper awareness in the practice, but it's difficult to take time for sustained experimentation.

Using some familiar Yoga models like *manas/ahamkāra/buddhi* and the *pañca-maya* as our starting points, we'd like to use exercises, mini-practices and discussion to explore aspects of our practice in depth.

The emphasis throughout the weekend will be experiential, but with time to discuss our findings and experiences together. These will, of

course, be different for everyone, adding to the richness.

Using *bhavana* and mindful techniques in the practice can be very helpful, as we know, but we are hoping to find more time to explore those subtler background attitudes which accompany everything we do. This usually means taking extra time and we will do so, hopefully to recognise and identify some of these subtler, more internal, aspects of the moment. This is, literally, *svādhyāya*, of course: *sva*: 'one's own' and *adhyāya*: 'going into'.

Hilary Norman

I have been practising Yoga for nearly 50 years, training as a teacher with Paul Harvey from 1990–94.



I also teach Vedic Chant, having completed the 2-year Vedic Chant Teacher Training run by the Sannidhi of Krishnamacharya Yoga in Chennai (where I also attended several study courses). More recently I have been strongly influenced by the teaching of Peter Hersnack, working with him for several years.

I am fascinated by how the use of Yoga techniques can affect our daily lives. This sounds simple but it is huge, since the Yoga practice permeates every part of our lives, offering endless possibilities for constructive and creative change.

Eleanor Dawson

I began studying Yoga with Hanne Gillespie in Dublin in 2001, finding much-needed support for my



life as a performing musician with a young family. I trained with Sadhana Mala, qualifying in 2010.

I have been discovering ways of blending my love of Yoga with that of music, developing workshops in Yoga, sound and chant. This creative work continues to help me to discover the profound effects of resonance on our whole being, and our living in the world.

The most significant influence on my work with Yoga has been Peter Hersnack, whom I first met in 2008, and whose writing I am helping to translate into English.

To book

Please reserve _____ place(s) for me on the Yoga Retreat at Woodbrooke, Birmingham with Hilary Norman and Eleanor Dawson, 23–25 September 2022.

Name _____

Address _____

Tel _____

Email _____

Non-returnable deposit enclosed (£95.00 per person)*

Single bedroom

I would like to share a bedroom

Food will be vegetarian. If you are vegan or have any other special dietary requirements, please state below:

* Please make cheques payable to Hilary Norman.
OR pay online:
Barclays account:
Hilary Norman T/AS Arran Yoga
Sort code: 20-76-55
Account no: 00665983

Woodbrooke

Woodbrooke Quaker Centre in Sellyoak, Birmingham is a delightful place of great peace set in lovely gardens, and ideal for a Yoga weekend. Attractive single or twin-bedded ensuite bedrooms are available.

Cost of weekend: £395



To book your place please return this form to Hilary Norman at:
Keepers House
Watton Road, Merton
Thetford
Norfolk
IP25 6QH

