

26th Year

YOGA & WALKING HOLIDAY

CONISTON



8-13 March 2015

3+ Yoga Sessions daily with nationally known tutors

2 Guided Walks daily

One short and easy paced & one longer and in the fells

Sessions exploring complementary disciplines

Healing, Voice, Mantra, Movement, Dance etc

Visits to local places of interest

Evening workshops and social occasions

Venue

Monk Coniston, is a large National Trust property set in 15 acres of beautiful gardens and woodland with exceptional views of the Lake and Coniston Old Man. The grounds slope down to the shores of Conistonwater itself.

Cost

Standard Twin £595 Twin/Double En suite £625

Standard Single £625 Single En suite £675

Price includes full board and all tuition. £100 deposit with booking, balance payable 12 weeks before holiday. Cheques payable to P. Xerri, or ask for BACS details.

Bookings & Programme Details

Philip Xerri, 126 Wood Lane, Pelsall, Walsall WS3 5DZ

Telephone 07710185827 email pax_yoga@yahoo.com

Web Information Yogaquests.co.uk & YogandShiatsu.org.uk

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Coniston Yoga & Walking Holiday 8—13 March, 2015

Name.....Telephone

Address.....

..... Postcode

Email.....

Accommodation Required.....

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

Coniston Yoga 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.

Tutors

Lina Mookerjee



Born in Birmingham and brought up as a Hindu Brahmin with a Tantric cultural background. Lina spent a decade as a professional electrical engineer and much of the following 15 years as a yoga teacher, trainer of Yoga teachers and as a psychotherapist. She is director of the nationally acclaimed Praxis School of Yoga in Nottingham. Her approach integrates Eastern and Western philosophies, combined with her scientific background and interest in neuroscience as related to health and well-being. She will explore 'Understanding the Self through the Chakra system'.

Uma Dinsmore-Tuli



Uma was introduced to yoga aged four and began meditating aged nine when on pilgrimage, yoga has been an important part of her life ever since. She has engaged passionately and critically with various yoga schools including Satyananda Yoga, Iyengar Yoga and Structural Yoga Therapy. She is a recognised teacher for BWY, an author of four Yoga Therapy books with an interest in Pre and Post-natal yoga, her background and PhD is in Communications. *Yoni Shakti* is her current project and newly published book with a dedicated website. *Yoni Shakti* integrates yoga, Tantra and feminism into a holistic way to live life in freedom and will be the focus for her sessions.

Helen Barker (Shakti Bhakti) is a DCT for the BWY and a Structural Yoga Therapist. Her personal experience of Structural Yoga Therapy has been profound. She has been training teachers since 2003 and also works with individual students to develop harmony in their lives.

Jayadhara (Jane Cluley) has been teaching Yoga since 1988 and holds an MA in Yoga philosophy. She is a DCT for the BWY. Her teaching draws on the wisdom of the Satyananda Yoga tradition and Buddhist practitioners; she regularly returns to India to continue her studies. She has a wealth of knowledge and a talent for expressing her teaching clearly and enjoyably

Maria Serrano is an accomplished exponent in the field of Holistic Health with a broad based approach and a unique style. A registered Teacher and practitioner with the Shiatsu Society, Maria lectures widely throughout the UK and abroad.

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

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

