

# The Joy of Yoga

We often focus on the discipline, the practices and the techniques ...now we take time to focus on Joy and returning to who we really are...

## A workshop with Swami Veda Bharati and Swami Nityamuktananda

We are honoured to welcome Swami Veda Bharati to the UK. He combines the best of the ancient and the modern. He was initiated into one of the highest paths of yoga and meditation by his master Swami Rama of the Himalayas. He was honoured by the other Swamis of India with the title Mahamandaleswara. Swami Veda Bharati has been called a living Rishi and has a unique ability to talk about yoga in a way that is understandable to all.

Swami Veda Bharati is an inspired and loving teacher, prolific writer, poet and international lecturer. A special personality who radiates peace, love and joy. His ability to guide students to calm states of meditative stillness is well-known around the world.

Drawing on his immense experience and scholarship he lectures worldwide and can conduct meditation in 9 languages.

Swami Nityamuktananda has dedicated her life to the realisation of divine truth. She originally studied theology, however this soon expanded to education, psychology, philosophy and art and design. She teaches, shares and guides across the globe in the context of Yoga and Meditation. At the centre of her studies and teaching is the subject of 'self-awareness'.

Swami Nityamuktananda has a unique ability to express the ancient text and some of the seemingly 'complicated ideas' in a clear, logical way that is easily understood and relates to our everyday experiences. She is also the author of several books that take the same 'clear thinking' approach.

This is a very special event and may be one of the last opportunities to work with such a master ...as Swami Veda Bharati will enter a period of silence for 5 years

# The Joy of Yoga – Workshop Contents

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**FRI – SUN 1<sup>st</sup> -3<sup>rd</sup> JULY 2011**

**7.30am-8.30am Morning Prayer (Chanting), Asana**

**8.30am – 9.00am Meditation**

**9.15am BREAKFAST**

**10.30am Swami Nityamuktananda**

**12.30pm Lunch (not provided SAT)**

**2.00pm – 3.30pm Swami Rama lectures (DVD)  
What is yoga?  
Understanding discipline**

**Options for digestive breathing practice and contemplative walking will also be provided after lunch**

**3.30pm – 4.30pm Swami Veda Bharati (FRI/SUN)  
(SAT – Swami Nityamuktananda)**

**4.30pm – 5pm Meditation**

**(please note time of SVB lectures may vary –any changes will be communicated in the morning sessions)**

# The Joy of Yoga – Workshop Information

## A workshop with Swami Veda Bharati and Swami Nityamuktananda

### WORKSHOP COST

20% non-refundable deposit required to secure booking.

Balance required 4 weeks before workshop

Cancellations: will be refunded if your space can be filled (minus the 20% deposit)

Fri/Sat/Sun = £200

Fri/Sat or Sat/Sun = £125

Fri or Sun = £85

Sat = £45

### VENUE

Fri + Sun (1, 3 July)

Ware Priory, Fletchers Lea, High Street, Ware, Herts SG12 9AL

[www.warepriory.co.uk](http://www.warepriory.co.uk)

Sat (2 July)

Aware Yoga, Sucklings Yard, Church St, Ware SG12 9EN

[www.awareyoga.co.uk](http://www.awareyoga.co.uk)

### TRANSPORT

BY ROAD: Ware, Herts is located just North of London off the A10.

BY TRAIN: Direct link from London Liverpool Street (approx 40mins)

AIRPORTS:

Stansted – 40mins by taxi

Luton – 50mins by taxi

Heathrow – 60mins by taxi

There are also trains/buses from the airport to Hertford which is just 10mins from Ware by train or taxi

### ACCOMODATION

We have a list of accommodation that ranges from camping, self catering cottages, B&B, and hotels ...please ask us to send when you book

### WORKSHOP BOOKING

Please email [awareyoga@hotmail.com](mailto:awareyoga@hotmail.com)