

A FEAST OF YOGA : CLASS DESCRIPTIONS SANTOSA SPRING 2010

PLEASE BE AWARE THERE MAY BE LAST MINUTE ADDITIONS/CHANGES WHICH WILL BE WRITTEN UP AT THE BOARDS OUTSIDE EACH STRUCTURE

BUT FIRST – OPENING and CLOSING CEREMONIES – facilitated by Nur

Our ceremonies are a space to hold respect for teachings from all wisdom traditions. They are held within a Sufi form of light invocation or universal worship, a structure that opens our hearts and souls to experience our own deep connection or YOGA - learning from each other and from the heartfelt sense of UNION that brings us all together here. Enjoy!

Alphabetical listing by session name – Match with your timetable to learn about what is on offer.

ACRO YOGA – Ali

Flying fun with partner yoga. All levels, all ages, all people are welcome to join. This workshop provides a safe environment to explore trust, connection and playfulness. The workshop can include: asana sequences, partner yoga, assisted inversions, basic partner acrobatics, therapeutic flying. Come support and be supported. With the support of a partner we will embody support, receptivity and trust.

ART IN THE WOODS with artist Angie Brew

For all ages - and anyone who likes to experiment creatively with drawing and painting. Working on paper, with a variety of media, an inspiring session to enjoy! Outside in the woods if fine.

ASHTANGA VINYASA– Chris / Sally / Anna / Jennie / Laura

Ashtanga Led Class is a talk-through of the Ashtanga Yoga Primary Series, led by the teacher. Beginning with Sun Salutations, leading through the standing and sitting sequences to the closing postures. **This is a challenging dynamic class for students.**

AUTHENTIC MOVEMENT - Helen

Dive into the wisdom of our bodies, imagination, souls and psyche. Deep inner journeying, allowing the impulse within to move you and the unconscious to become conscious. A movement meditation and group ritual for personal and spiritual enrichment, bringing greater awareness and creativity to our being.

AYURVEDIC YOGA VINYASA – Yogini Uma

Healing yoga sequences tailored to different ayurvedic constitutional types. Gentle but effective, therapeutic work based on the teachings of Mukunda Stiles. Absorbing and highly enjoyable!

BAZAAR SANTOSA

Camp market Monday and Saturday afternoons – bring and buy – all kinds of lovely things.

BHAJANS - (AND KIRTAN) Indian devotional singing (call and response and unison singing), with Bharati and Dinesh, Thrisha and Tabla Tom and friends in the mornings and evenings, all very welcome. Also some workshops for beginners, and those wanting to deepen knowledge about rhythm for Bhajans.

DAWN MANTRA Gayatri mantra, Hanuman Chalisa and Saundari Lahiri chanting with Uma – in the dawn light, facing east near the Bhakti Dome. Sanskrit chants to create positive vibrations at the start of each day. All welcome, join us when you can and stay as long as you are able. Words to the mantras are there for you.

DYNAMIC HATHA WITH SOME PARTNER WORK - Katriye

The yoga that we will be working on together is based on a formula of stretching, relaxing, deep breathing and increasing circulation and concentration. Releasing physical and mental tension, liberate vast resources of energy.

EFT (Emotional Freedom Technique) – Carrie

An introduction to EFT, an easy to learn Meridian energy therapy. Find out how to use EFT for releasing stress & tension and improving your yoga practise.

GENTLE YOGA – Lucy

Time to let go, relax and be. Especially healing if you feel tired. Babies /small children welcome to these sessions.

GONG SAVSANA – Stefan

Lie down and allow yourself to be bathed in an ocean of sound. The rich and subtle harmonics of the gong are pleasing to the ear and body, inviting ease, peace and rejuvenation. Please bring a mat and a blanket/ shawl.

HOLISTIC YOGA Barry

Relax and Energise: Wake up with some full-body energising practices, followed by yoga nidra (Satyananda inspired deep relaxation) and finish with a simple but effective pranayama practice (breath/energy technique).

KASHMIR YOGA - Veronika

An unusual, hypnotic and fascinating approach to yoga practice, using image and metaphors during asana to expand your awareness of energy and consciousness.

KIDS' Yoga Fun classes for children over four, **parents welcome to join in.** Yoga games, posture practice, stories and relaxing. Input from the children greatly accepted. Focus on FUN!!

KIRTAN – SEE BHAJANS

LAUGHTER YOGA - Carrie

Explore the possibilities of unconditional laughter. Life is serious and laughter may be the secret ingredient to maintaining your physical, emotional & mental equilibrium. These lighthearted sessions will help you rediscover your inner laughing place and help you take the laughter back into your everyday life: they combine gentle physical exercise, with games and fun activities. **These sessions are also suitable for children.**

QI GONG - Jacob

Inner energy cultivation. Chinese energy medicine – gentle movements and self-massage. Done outside if fine.

SHADOW YOGA with Sasha

Drawing from Iyengar and Shadow approaches to yoga. A focused and profound practice.

KUNDALINI YOGA – James

Kundalini yoga as taught by Yogi Bhajan. Prepared to be amazed and invigorated for this is the yoga of energy and awareness. KUNDALINI SADHANA – Sound, mantra and song meditative practice for healing and purification.

NADA YOGA – Stefan

Meditations on subtle sound, based on deep listening and creating sound using the voice. The practice complements other Yoga practices and is useful to anyone interested in singing or playing music or working with sound to support health and wellbeing

SATSANG – SHARINGS

Satsang means 'company of the wise' and is an opportunity to share experiences and understandings with each other. Mostly in the afternoons, Bhakti dome.

SATYANANDA Yoga - Shambhavi

Satyananda Yoga incorporates the whole person, not just the physical body – it promotes the balance between body, mind, emotions and spirit. There is an emphasis on awareness and students are encouraged to learn about all aspects of their personality through yoga. By steadying the emotions and calming the mind, a sense of perspective can be gained, bringing a feeling of peace, freedom and inner strength. A typical class consists of asana (postures), pranayama (breathing practice), Yoga Nidra™ (deep relaxation) or meditation.

SCARAVELLI YOGA - Claudia

Following Scaravelli's form of yoga where the poses are adapted to the individual rather than the individual to the pose. Lengthen the body by the simple use of breath, gravity and relaxation. " Be kind to your body and it will respond in an incredible way" Vanda Scaravelli

SHAKTI DANCE with Anjali - Yoga based dance from the Kundalini yoga tradition – The gift of yoga with the joy of dance - to enjoy!

SURYA NAMASKAR VARIATIONS – Frances

Lots of lovely variations to explore from kneeling and other base positions. Bring a blanket.

TAIZÉ - Chrissie & Friends

Songs for the heart and soul from the Christian tradition. Beautiful rounds and part singing of devotional words in Latin. Exquisite simplicity and clarity. A real delight to sing in this way.

VINYASA Flow - Jennie

With her background in ashtanga, and Jivamukti yoga, Jenni has developed a creative, fluid style of teaching that uses the breath, sequences and music in a practice that feels like a moving meditation. Vinyasa Flow is both uplifting and deeply relaxing. Tune in, be present and bliss out!

WOMB YOGA / AWAKENINGS / Talk and Practice – Uma

Fluid healing yoga practice combining movement, breath, mudra and mantra. Womb yoga focuses on energy flow rather than alignment of outward form. It is delicious. And intended to promote healthy menstruation, healthy pregnancy, menopause, or to respond to wherever you are in the cycle of your life as a woman. Mostly for women to enjoy.

YOGA AND THE BEAST - Bryony

Bryony works as a performance producer and on special occasions teaches yoga. She is trained in Scaravelli yoga and believes the body holds interesting stories some are visible and some need quiet space to be heard. For these

sessions she will be offering a place to retreat from everyday noise and try some yoga positions to release and strengthen the body and imagination. The workshop will focus on the possibilities of gravity and offer structured space to write/draw/produce while practicing. The workshop is suitable for anybody whether you have never tried yoga do it all day or have never even touched your toes. It is also fine if you are pregnant or recently had a baby. Bring loose clothing, yoga mat (let me know if you need one) and some pens/paper/notebook.

YOGA GAMES Games 5 plus year olds -Veronika

Many games are easily adapted to doing yoga. Duck, duck goose, Simon says, and follow my leader to name but a few. We are going to concentrate on playing as many games as we can, doing yoga without even knowing we are. Then we will have a story and a lie down to rest after all our exertions. This session is for children who can follow rules and can play more complex games.

YOGA NIDRA Yoga nidra is a powerful technique to relax consciously on the physical, mental and emotional level. You will lie on the floor with closed eyes and listen to the voice of the instructor. Powerful visualizations will help you to relax fully. You can focus your practice with a resolution to achieve any goal in life.

YOGA WITH BABIES /Toddlers–Emma, Anna, Anna R, Uma

Integrated practices for parents, siblings and babies and toddlers to do together. Asanas, pranayama, relaxation and sound work. Some stories and images, and lots of fun. Suitable for families with babies from birth to about four years old or the young at heart of all ages.

FINAL NOTE ON THE SCHEDULE

All these marvelous teachers listed above are offering their classes for free because they love to be here together and share yoga. This is not a profit making fancy yoga conference, it is an exercise in sharing and SANTOSA!

So please be aware that we cannot be certain how many students will turn up for any given class on the schedule.

Do be prepared to swap domes if your class is overflowing, and the one next door is quiet.

Also be prepared to adapt to enable everyone to enjoy the camp. For example, if there are many keen students for any given class, it may be wiser to offer two shorter sessions from the same teacher, one following the other, than to offer only one long session. We have put a lot of work into the timetable, but in the end, it is only a guide, and the adaptations we may need to make around it will surely grow our skills in the practice of SANTOSA!

So smile and share nicely, please, lovely yoga people!

HEALERS AND THERAPISTS ON SITE

We have many gifted healers and therapists on site. Most are working from their own structures in amongst the big yoga domes on the main circle, and some are using the yoga structures in free times for healing work.

Appointment times for therapists are listed on the boards outside the structures, so you can sign up for a time that suits you. Each has their own rate of costs, so please be sure to settle up with the therapist after your treatment.

At the time of printing this leaflet, the following therapists had confirmed attendance:

Thai Yoga Massage – Genoveve

Ayurvedic Massage (with oils) - Corinna

Deep Tissue Massage – Dennis

Indian Head Massage - Kasia

Deep Tissue Massage - James

Chavutti Thirmal (Indian Massage by foot) – Alison

Emotional Freedom Technique – Carrie

Yoga Therapy one to ones – Yogini Uma and Uma D-Tuli

CRUCIAL INFORMATION FOR HAPPY CAMP LIFE

Thistledown is an environmental centre with abundant and very happy wildlife and farm animals. Please be mindful that we are sharing the site with the animals and birds whose home it is. The following guidelines will help us to respect our hosts and leave no trace of our presence, so that when we leave, the place is as beautiful as we found it.

PLEASE SIGN THE SITE AGREEMENT UP AT THE GATE TENT WHEN YOU ARRIVE. THANK YOU!

CAMP PITCHES

We encourage you to camp where you will be happy. Only pitch your tent on the mown grass. There is most space in the very top layer. Follow through to the end for pitches mown out under the trees. Peaceful spot down by the badger sett. Please keep the main circle clear for yoga domes, yurts and therapists' camping. Super-quiet early night camping around the bhakti dome please only for people who like to wake early for the dawn chant. Shh!

VEHICLES

Please ensure you have given your registration number and mobile phone to the welcome tent. Leave your vehicle in the parking spaces up at the top of the site, and follow the fire lanes if you drive in or out.

CHILDREN

Your child/ren are absolutely your responsibility at all times. There is no crèche. There is a lake in the top part of the site, and there should be no unaccompanied children wandering freely around the lake. There are balancing poles to climb on and animals to watch too. There are many sessions on the schedule you can enjoy together with your children, specifically designed for families. In addition, many teachers are very happy to include babies and children in their classes, but do check first they are OK with this. If your child is attending an activity happily without you, ensure that they know exactly where you will be in case they feel they need you.

WATER

There are five stand pipes around the site (see map) and the water is spring water, pumped up from the on site spring.

TOILETS

There are two sets of composting loos, one by the café at the head of the main circle, and one tucked down the bank on the right side of the circle as you move away from the café. Be mindful that the wee and poo go into separate composting containers. No sanitary towels and nappies down the composting toilets please, see the section on rubbish and recycling. Also pee places for men and women.

RECYCLING AND WASTE

LEAVE NO TRACE. Please pick up after yourself (and your children!). Please keep your own recycling and waste tidy. There are recycling points back up at the main gate, and place for landfill items too. Be mindful of badgers, foxes and other night time creatures who may be interested in your rubbish or food, and do keep it stowed away. Any veggie and fruit scraps can be fed to the Polynesian pigs – but make sure there are no cakes or biscuit, they are grass-eating pigs who shouldn't be eating eggs or dairy stuff.

FIRE

The main fire focus is the community fire circle in the main circle in front of the café which we will keep burning throughout the camp. There are some other smaller fire pits around the site, which you are welcome to use, but please, please, please do not make fires anywhere else at all on site. DO NOT TAKE WOOD from under the trees for burning. IT IS NOT FIREWOOD, but habitat! If you need firewood, please take from the firewood pile near the main fire.

FIRST AID

There is a first aid kit up in the welcome tent where you signed in. If you need help, please if you can, go to the welcome tent. Most of our yoga teachers are all qualified first aiders, so if you are not close to the welcome tent, ask a teacher for assistance.

FOOD AND COOKING

Meals are not included in the cost of your ticket. Many people choose to self-cater, and if you do so, you are welcome to use the braziers around the site. Please be mindful and safe with your camp kitchens.

Our main caterer is the ever-popular **Outer Regions Solar Powered Chai Tent Café** at the head of the main circle. Outer regions have been a welcome presence at Santosa since we started in 2006. Their speciality is Tibetan Mo Mos (vegetarian dumplings). You will also find Alex's delightful **Angelic Feast** vegetarian catering van up at the welcome tent. Ricky's traveling **Pizza Oven** will make some evening visits to the main circle too. If you want to order in your supper then you will find the menus from **Star Anise Arts Café** up at the welcome tent, and you will need to put in your order by 10am for delivery at 6pm. There is also a small on-site shop in the gate tent selling basic provisions like pasta, baked beans, soya milk, soups, oatcakes, snacks.