

Booking Form

Please reserve my place at the aYs Convention, 20th-22nd July 2012, at Harper Adams College, Shropshire.

I enclose the deposit of £145 payable to "Association for Yoga Studies"
Name:

Address:

Tel:

Email:

Please tick if you would be interested in teaching an early morning practice.

I am travelling with (we will do our best to accommodate you close to your friends):

Special Dietary Requirements
(Special diets may incur a surcharge):

Please send your booking request to:

Debbie Falchi
2 Rise Cottages
Widford Road,
Widford, Herts.
SG12 8SB

The Venue

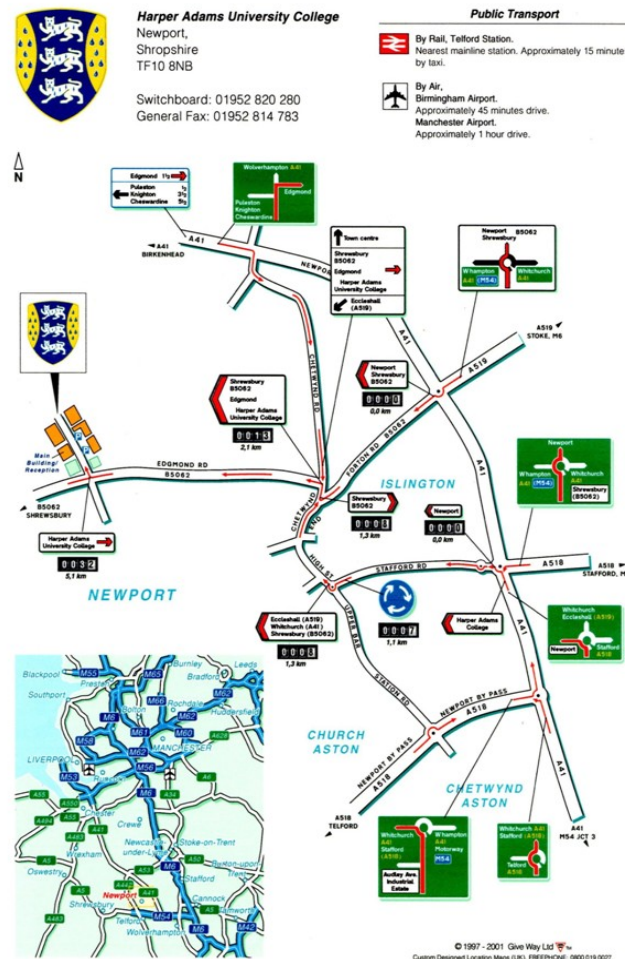
Harper Adams University College
Newport, Shropshire TF10 8NB
Tel: 01952 820280

By Rail:

Nearest Mainline station is Telford, approximately 15 minutes by taxi.

By Air:

Birmingham Airport, approximately 45 mins by car
Manchester Airport, approximately 1 hour drive



Freedom in Relationship: The Path of Yoga



**2012 Annual Convention
20th—22nd July**

**With Peter Hersnack
Supported by
Senior aYs Tutors,
Andrew Davies
Dave Charlton, Ranju Roy
Sheila Baker
(and other teaching members of aYs)**

www.ays.org.uk

This is the ninth aYs Convention, it will be an opportunity to meet old friends, make new ones, and celebrate the continuation of a vibrant organisation dedicated to the promotion of yoga inspired by the teachings of T.K.V. Desikachar, and his students.

This event will include workshops, seminars and plenary sessions (one of which will be the Annual General Meeting). Plenary Sessions will be led by Peter Hersnack and supported by Senior aYs teachers Sheila Baker, Ranju Roy, Dave Charlton and Andrew Davies. Teaching will be offered by other teacher-members of aYs, and in addition we are very pleased to announce that **Navtej Johar and Ruth Gilmore** have agreed to teach for us again. Some workshops will be aimed specifically at teachers, and can be used to satisfy 2012 aYs IST requirements.

RESIDENTIAL

£265 for Members & £285 for Non-members

NON-RESIDENTIAL

£175 for Members & £195 for Non-members

You do not need to be a member of the Association in order to attend this event but if you wish to join us annual membership will cost £15 for the year.

All accommodation is in single rooms. Numbers will be limited to 110, so don't wait too long before applying for a place!

The majority of places are offered on a residential basis that includes refreshments, meals, accommodation and all the workshops. Non-residential places include all teaching and refreshments, and all meals except breakfast. All meals will be lacto-vegetarian. Special diets may be possible at an extra charge with adequate notice. Please check before booking.

REGISTRATION

To secure a place, please send a deposit of £145. The balance is due by May 1st. Bookings cancelled before 31st May will receive a 50% refund, cancellations between 1st June and 1st July will receive a 25% refund, no refunds are possible after 1st July.

All bookings will be confirmed. In May/June you will receive a confirmation pack with a session booking form to be completed and returned. Without this form we cannot guarantee your place in any workshop or practice group. To allocate rooms according to numbers your co-operation is vital before and during the weekend.

THANK YOU.



PETER HERSNACK

Peter is a long time student of T.K.V. Desikachar. After spending 8 months in a study group with the physicist David Bohm in London (1967-68), Peter began a study of physics and mathematics at the University of Copenhagen. At the age of 21 he left the university to go and study with Desikachar in India. Between 1970 and 75 he stayed 4 years in Madras to pursue an individual apprenticeship with Desikachar. After his studies he lived and taught for 4 years in Malaysia, before he returned to teach in Denmark. He then lived for one year in Germany, and thirteen years in France before he and his family returned to live in Denmark last summer. He has continued to pursue his study with Desikachar in India and in Europe, and in 1987 he obtained the Viniyoga Special Diploma for teacher trainers. He has a long experience of working in a medical and para-medical context, and for three years he worked intensively with the dancers of the National Choreographic Centre in La Rochelle. His main work is in training and in further training of teachers, a work which he is doing in several European countries as well as in Canada.

Freedom in Relationship: the Path of Yoga

Being free to observe, free to act and free to feel deeply, are the essential conditions for living relationships of freedom. The Yoga Sutra suggests that by the practice of the eight limbs of yoga these conditions can be fulfilled. It suggests a meditative approach to living, an attitude of observation, which gradually allows us to be with what is - an opening of the mind, which allows simplicity and directness in our perception. It suggests an approach to action that is guided by an awareness of the present moment. This action - born from a deep appreciation of what is, is simple in its effect and doesn't create confusion. Furthermore, it suggests experiments in being, which develop our capacity to bring the whole of our organism into play, in a living interaction with an object, with an idea or with another person. In short, the path of yoga is a path for discovering the joy of living.

PETER HERSNACK

Supported by Senior aYs Tutors

Andrew Davies - Stepping Forward & Stepping Back

This workshop will use sound, posture and breath and discussion to explore the relationship between *tapas* and *brahmacharya*; between inwardness and outwardness; between yoga as a support being in the self and yoga as a support for being in the world.

Dave Charlton - Acceptance in Being

Often in life, and in practice, the intrinsic joy and openness of our experience can be obscured by our judgments, preconceptions, desires and fears. In the *niyama*, Patanjali proposes *santosha* as a means to achieve not only the highest state of happiness, but also a radical freedom and openness, assuming that we accept the term *sukha* to have both these meanings.

This session will be a practical exploration of how we can explore the idea of *santosha* through our *asana* and *pranayama* practice, as a model for our experience in life.

Ranju Roy - Relating to Practice: Relating to Life

In practising yoga, certain tendencies of ours can be revealed. Do we struggle? Do we aspire? Do we sell ourselves short by taking short cuts? Using our relationship with yoga practice as a metaphor and indicator for our relationship both with others and with ourselves, this workshop will use *asana* and *pranayama* to explore habitual tendencies and what we can do about them. Informed by concepts from the *Yoga Sutra*, this workshop will move from theory to practice to life.

Sheila Baker - Allow the unknown to touch you.

(With a bit of *tapas* and beyond).

Peter has said, "*tapas* takes outside support seriously". This workshop will explore what this could mean. The session will include a creative exercise of interacting with an object outside of ourselves, to warm us up. An *asana* practice will aim to develop the internalising process by changing our point of view, using body, breath and *bhavana*.

