

Autumn Equinox New Moon Retreat

18th - 20th of September 2009

Shekinashram, Glastonbury, Somerset

A whole weekend of Yoga! Including workshops, meditation, chanting and the experience of being at this beautiful Ashram, all yoga classes, accommodation and delicious organic, vegan mostly raw detox healthy food!



It is the Autumn Equinox and a new moon... So one of the best times of the year to detox, start afresh, renew and recharge. Get prepared for the long dark days of winter with relaxing, enlightening and invigorating yoga and meditation. Enjoy the amazing Bhajans and Pujas at this beautiful Ashram. Fill up on delicious wholesome organic vegan food, superfood smoothies and our special raw detoxing soups.

As the seasons change and Autumn begins we head to Shekinashram in Glastonbury for another wonderful weekend of yoga. We have lots of great yoga lined up, wonderful massage treatments, delicious food and detox smoothies... and of course time to relax and enjoy early Autumn in the stunning countryside or take a walk up the Tor, a sauna at the ashram, or if just chilling out sounds good - your choice!

Quietly situated on a small lane, at the foot of the hill that leads up to Glastonbury Tor, where the views are simply breathtaking over the surrounding hills and countryside - amongst the most attractive scenery in England. A perfect setting for a lovely chilled out weekend of yoga (open to all levels), healthy food, good company, country walks or just relaxing with the gentle September sunshine caressing your face... mmmm

YOGA... in the beautiful hall with stained glass windows.

Hatha Yoga: The yoga taught will be traditional hatha yoga which consists of asanas, posture work and pranayama, breath control. The term Hatha embodies 'ha' the sun and 'tha' the moon. Symbolising the union of sun and moon, hatha yoga endeavors to balance the flow of energy in the body, creating union and balance, the essence of yoga. Also detoxing Kundalini Kriyas.

Asanas: The asanas aim at promoting health, efficiency and increased flexibility of the physical body. They work on the spine, joints, nerves, glands and internal organs. Through the practice of asanas you learn about your body and the way it functions for you, leading to greater understanding and awareness of your physical being. Using breath awareness as the key, asanas relax mind and body and facilitate a gateway to stillness and meditation.

Pranayama: Pranayama is the science of breath control. The practice of pranayama increases mental clarity, raises energy levels and with practice increases lung capacity. The inner stillness that arises from pranayama coupled with asanas practice is the natural pathway to meditation.

Meditation: "Without the help of meditation, you cannot attain Knowledge of the Self."
Swami Sivananda

The aim of meditation is to still the mind. Using techniques to control the mind, gradually the veils of ego and emotions can be peeled away, revealing the true Self, the nature of which is unalloyed bliss and happiness. Sitting in a steady seated pose, watching the breath, focusing the mind, are the first steps in the beautiful journey of silence called meditation. Meditation will enable you to begin to experience the limiting nature of your mind and see the intellect as an instrument of the Self. This awareness guides us in conscious evolution and helps us seek out our innermost needs.

Chanting: Chanting is an expression of joy through sound. It melts the heart, fills the mind with purity and generates harmony. It offers a space to resonate in harmony with yourself, the group and your surroundings. Through chanting emotions can be transformed from suppression into expression, releasing blocks and embracing feeling in a whole and positive way. Chanting opens up personal expression and communication, an enjoyable experience of energy vibrations.

Daily Schedule:

Friday

Arrival from 4pm

This first afternoon can be spent exploring the local nature, or book a massage for your arrival to start the weekend off.

5.00pm - 6.30pm: Yoga class

6.30pm: Light Dinner

7.30pm - 9.30pm: Bhajans (chanting)

Saturday

6.30am: Puja and meditation

7.30am - 8.00am: Tea

8.00am - 10.00am: Pranayama and Asanas

10.00am - 11.00am: Breakfast/Brunch

1.00pm - 1.30pm: Yoga Nidra

1.30pm - 5.30pm: Free time / relaxation / massages / WORKSHOP

5.30pm - 7.30pm: Pranayama, Asanas, Chanting and Meditation.

8.00pm: Dinner

Sunday

6.30am: Puja and meditation

7.30am - 8.00am: Tea

8.00am - 10.00am: Pranayama and Asanas

10.00am - 11.00am: Breakfast/Brunch

12.30pm - 2.00pm: Free time / relaxation / massages / WORKSHOP

2.00pm - 3.30pm: Asana class

3.30pm - 4.00pm: Afternoon juice and end of programme

4.00pm: Depar Shekinashram

Treatments Available:

Holistic full body, Ayurvedic, Indian Head Massage, Reiki, Thai yoga massage, all at an extra cost.

Accommodation:

Accommodation comprises of shared rooms.

Meals:

Freshly prepared organic food.

Price:

£225 for all yoga, shared accommodation in the beautiful Ashram and all meals included.

A retreat is the perfect opportunity to deepen your practise..

Relax... Rebalance... Breath...