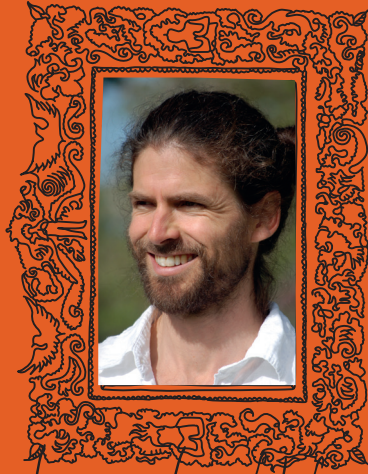


JAMES BOAG YOGA



finding joy in the every day wonder of life

Suitable for
all ages and
abilities

Yoga and the Sun Weekend at Ampleforth Abbey with James Boag Friday 31st May - Sunday 2nd June 2019

On this retreat we will explore practical 'whole life' teachings of yoga through the lens of the Sun, and the yoga of song, movement and meditation. The Sun is one of the great yogic archetypes. It's a symbol of the 'karma yogin' - one whose actions are established in yoga, and a symbol of the light of awareness that enables our life and all our experiences. Our holistic exploration will include the symbolism of Surya Namaskara. We'll explore how sun salutations encode the whole path and aim of yoga practice, and how this can help us deepen our practical understanding of principles to help cultivate harmony and integration through all aspects of our lives.

Yoga is about bringing the practical gifts of yoga into everything that we experience and all our actions. It is about stretching our understanding of who we really are, strengthening our connection to the innate wisdom of our conscience and rehabilitating our broader human capacities while working respectfully with the realities of our individual natures and our diverse responsibilities.

It is about training ourselves to be able to find joy in the everyday wonder of life and steadiness in the face of its inevitable challenges.

It is about meeting and refining our own patterns and habits and inviting ways of being that are conducive to sustainable, integrated health and wellbeing.

This yoga weekend works with a range of mutually complementary lenses to explore yoga principles in practical application, including: asana and natural movement, meditation, kirtan singing and chanting, storytelling and interpretation, satsang talks, discussion and inquiry, nourishing high quality food and time outdoors.

A wonderful weekend with a truly gifted teacher.

James Boag



James is known for his storytelling, his rich kirtans, deep meditations, principle-based approach to asana and for bringing the timeless wisdom of the traditional scriptural teachings vividly into the context of our lives today. He has been teaching for over twenty years and leading integrated programs on applied yoga philosophy around the world since 2009. He regularly returns to Mysore in South India where he completed his MA in Sanskrit, to lead courses on the Bhagavad Gita, Yoga Sutras and Indian Mythology.

Mind for Cooking



Kate Zaleska is a talented and inspiring vegetarian chef whose philosophy on life, food, and eating chimes beautifully with James Boag Yoga. Her food is real, slowly prepared from simple healthy ingredients, full of interesting flavours and cooked and served with love, attention to detail and respect for our planet. This food is more than delicious; Kate's sustaining and nutritious meals are an integral part of the retreat experience.

Mrs 'O'



Mrs Osborne Recommends is the lifestyle venture of Gillian Osborne, a BWY teacher in the classical Indian tradition. Born from the desire to share the good the fabulous and the outstandingly glorious, Mrs O is all about promoting products, places, therapies and ideas that encourage sustainable and healthful living. Gillian is vice chair of the British Wheel of Yoga and a student on the MA programme "Traditions of Yoga and Meditation" at SOAS. Her own teaching reflects her philosophy that the experience and practice of yoga inevitably goes beyond the mat to permeate every aspect of life so bringing James Boag's retreats to you ticks all of her boxes and so many more!

We all invite you to join us for this outstanding event!

Semi-partitioned dormitories & single rooms with early bird prices from £250 all inclusive

For booking & enquiries:

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