

**SHADOW YOGA with JOHN EVANS  
HOLY ISLAND RETREAT  
LAMLASH BAY/ISLE OF ARRAN  
30 AUGUST – 6 SEPTEMBER 2008**

DHARANA (concentration) is the sixth step of the Ashtanga (eight limbs) of Yoga. Concentration takes many forms. If concentration is too diffuse energy and rhythm are lost. If concentration is too narrow the flow of energy can be blocked. The skilful use of vision both inward and outward as well as focussed and peripheral is the key to understanding right concentration. This course will explore this skill in the practice of the preludes and basic asana sequences of Shadow Yoga and use it to begin the first steps of pranayama. The unique beauty and quiet of the Holy Island and its centuries-long tradition of contemplative practices provides the ideal environment for this work.

The course is open to all who work regularly with one or more of the prelude forms of Shadow Yoga. Mature practitioners of other schools of Hatha Yoga should contact John Evans on 020 7704 6796 before booking to ensure that the course is suitable for them.

<b>COST:</b>	<b>DORM</b>	<b>£400</b>
	<b>SINGLE//with SEA VIEW</b>	<b>£525//£560</b>
	<b>TWIN// with SEA VIEW</b>	<b>£900//£950</b>

**BOOKING: DEPOSIT £50 FULL BOOKING FEE BY 30<sup>th</sup> JUNE 2008**  
**IF POSSIBLE, PLEASE SEND THE FULL COST OF RETREAT AT TIME OF BOOKING**

Deposits and full payments are refundable, less a £10 administration charge, only if cancellation occurs six weeks before the start date of the retreat. If cancellation is made between 3 – 6 weeks before the start date, the deposit is forfeited. For cancellations within three weeks before the start of the course, participants forfeit the full amount unless they can find a replacement or the reasons are due to exceptional circumstances.

The price includes accommodation, all meals and tuition. Accommodation is mainly in dormitories although there are a few single and twin rooms available. A healthy balanced vegetarian diet is offered. Please request when booking if you have special dietary requirements. There will be three yoga sessions each day.

It is suggested that you arrive for the course on the afternoon of Saturday 30<sup>th</sup> August. Students should be prepared to leave late morning/lunchtime on Saturday 6 September.

General information and travel help will be given at time of booking. Contact Fiona Morton on 0141 334 7145 for local information. Around Arran and the Holy Island the tides and weather change rapidly so we are all at their mercy when travelling there! Please note that transport costs are not included and participants have to organise this for themselves. In the event of any cancellation, organisers are not responsible for transport costs.

BOOKING FORM  
HOLY ISLAND RETREAT 2008

FULL NAME.....

ADDRESS.....

.....

.....POST CODE.....

TELEPHONE(S).....

EMAIL.....

DIETARY REQUEST.....

(Please note that in some cases there may be an additional charge)

DEPOSIT ONLY: £50.....

FULL PAYMENT:

DORM £400.....

SINGLE ROOM//SEA VIEW £525/£560.....

TWIN ROOM//SEA VIEW £900/£950.....

CONFIRMATION SENT ON RECEIPT OF MONEY/CHEQUE.

PLEASE MAKE PAYABLE TO:

FIONA MORTON  
343 WEST PRINCES STREET  
GLASGOW G4 9EX

TEL: 0141 334 7145