

# Transformational Yoga

## Weekend with Swami Vidyanand

Thursday 22nd - Sunday 25th May 2014  
Quadrangle Trust, Shoreham, Kent (40 mins from London)



A unique retreat  
in beautiful surroundings  
with a true yoga master

For more information and to book please  
contact Katy on +447748849829 or  
[mahayogaschool@gmail.com](mailto:mahayogaschool@gmail.com)

### Come for a joyful Indian experience here in the UK!

Each day will consist of a gentle rhythm of yoga and meditation sessions, time and space for reading and walks, vegetarian meals and group discussion. All experience levels and abilities welcome, from absolute beginner to yoga master.

We will practice Transformational Yoga through asanas (physical postures), pranayama (breathing exercises) and dhyana (mantra meditation), to purify our physical body and awaken our subtle bodies. Our practice will be focused on the chakras and understanding of the wheels of energy. A great purification, even for the teachers among us to re-energize your practice. For beginners it is a step into consciousness.

### Schedule

Arrive from Thursday afternoon for a 7pm start  
The retreat ends on Sunday at around 2pm

### Cost (3 nights, all inclusive)

Dormitory £260 / Camping £220

Non residential £200 / Private room (limited spaces) £340

15% discount on early bird bookings (before 14th April)



**Sri Swami Vidyanand** is a renowned yoga master and the founder of Transformational Yoga. Hailing from a long line of renowned Bhakti yogis, he received yoga knowledge from his early age. Under lineage of Sri Aurobindo and Swami Satyananda Paramhansa (from whom he received direct teaching), with Transformational Yoga he shares a complete and modern method following traditional yogic principles.

*"Transformational Yoga is a means to relax, clean and awaken all seven chakras through yogasana, pranayama and mantra." - Swami Vidyanand*

*"Katy's Transformational Yoga classes really help and support me spiritually and physically, opening up my energy levels, spiritual channels and giving a sense of balance all round." - Lisa*

**The Quadrangle Trust** is run as a centre for sustainable living and the creative arts. The garden runs down through an orchard to the River Darent and a field and small woodland beyond. It's setting in the valley is extraordinarily rural and peaceful in that it is only 20 miles from Piccadilly Circus as the crow flies.



**Katy Robinson** teaches yoga in Brixton and central London. She has been practising since 1999, leading her into deeper studies with different forms, and continues to explore the science of Transformational Yoga with Swami Vidyanand at the SriMa School in India. Katy aims to equip students with the tools they need for a balanced and healthy life, leading to self-transformation, inner peace and harmony within.

