

**Application form**

Name .....

Address.....

..... Postcode .....

Telephone .....

Email .....

**Personal Statement – approximately 250 words**

*Please let me know as much as possible about yourself in your written statement, your yoga experience and why you wish to join the course.*



# Yoga Development Study and Sadhana



*You are the sky everything else is the weather.*  
Pema Chodron

**A course for exploring yoga styles and traditions,  
deepening your practice and increasing understanding**

**7 Saturdays Starting: January 2024**

**9.30am – 4.00pm**

**Venue: Husthwaite, York YO61 4PF**

**Tutor: Jayadhara (Jane Cluley)**

Enquiries: Jayadhara (Jane Cluley)  
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moonriseyoga.co.uk

### The Aims of the Course are

- To provide tools and knowledge for yogic development
- To broaden and deepen experience of yoga
- To encourage participants' regular personal practice and personal research
- To encourage participants to contribute their expertise to the group
- To foster discussion and small group-work on yogic topics

### The Course

Each of the days will include asana, pranayama, deep relaxation and meditation together with underpinning information about the practices. The areas covered will include:

- ✚ **Fascial Yoga** – using variety of movements, tensegrity, rebound elasticity, myofascial self-massage and sensory refinement
- ✚ **Yin Yoga** – the value of holding poses for an extended time
- ✚ **Structural Yoga Therapy and Ayurvedic Yoga Therapy** – including the use of selected vinyasas for balancing the gunas
- ✚ **Mantra and Yantra** - as tools for going within
- ✚ **Satyananda Yoga Tradition** – meditations from the Tantras
- ✚ **Bhakti Yoga** – the path of the heart
- ✚ **Traditional and Contemporary Texts** – as support for practice

There will be opportunities for participants to shape the course according to their interests. Homeplay will be included as a means of encouraging development.

*Swadhyaya includes observing oneself by going within and the study of texts. It sharpens the ability to focus and to understand more deeply. Patanjali 2.44*

### Dates 2024

13 January, 17 February, 9 March, 13 April, 11 May, 8 June, 13 July

### Venue

Husthwaite Village Hall, The Nookin, Husthwaite, York YO61 4PF  
Opened in 2014, wooden floor with underfloor heating from an air-source heat pump.

### Who is the course suitable for?

Yoga practitioners with at least two years' experience, through to experienced yoga teachers who would like to 'nourish themselves' and increase understanding of other styles and traditions. Attendance could also be used as part of continuing professional development (CPD).

### The Tutor



I have been practicing yoga since my late teens including a broad experience of traditions - Iyengar, Sivananda, Ashtanga, Yin, Structural Yoga Therapy, Ayurvedic Yoga Therapy, Integral Fascial Yoga, Mindfulness and Satyananda Yoga. I began teaching in 1988, have an MA in Yoga Philosophy, am a BWY Foundation and Diploma course tutor. I am passionate about including all aspects of yoga and ancient wisdom in ways accessible to everyone. I offer professional expertise, authentic and enthusiastic teaching and believe in teaching from my own experience and practice. I have visited India many times, lived in ashrams there to deepen my understanding and still continue on my own yoga and self-development journey. I will bring all my know-how to this course.

I'm also a keen gardener, nature lover, cyclist and love to travel.

*It is only when the correct practice is followed consistently without interruptions and with a positive attitude and eagerness that it can succeed. Patanjali 1.14*

### Contribution

For all tuition, handouts and support during the course £450  
Drinks will be provided.

To apply for the course, please return your completed application form together with a deposit for £50, full payment due on first day of the course. Cheques payable to J. Cluley or by BACS payment Sort Code 09-01-27 account 38203361 (Santander business account).