

Mrs Osborne
RECOMMENDS . . .



YOGIFICATION!

Spring, beauty and the spectrum of human experience

Suitable for
all ages and
abilities

**Weekend Retreat at Ampleforth Abbey
with James Boag**

Friday 5th May 2017 5pm - Sunday 7th May 2017 4pm

The month of May if truth be told is Queen of all the year, and I would see one hundred of them if time were not so dear... BECKY MILLS, DANDELIONS & FOXGLOVES

Join us in the stunning setting of Ampleforth Abbey this May weekend for a nourishing exploration of holistic yoga. Working with a range of complementary elements including: asana and movement, meditation, meditative walking, storytelling, kirtan and sound; we will explore in particular how yogic principles of deep presence can help us process and work with the challenges of our human experience, while also opening gateways to greater appreciation of the beauty and wonder that is intrinsic to life.

“Yoga is balance, integration, skilfulness and efficiency.
Yoga practice is about cultivating sustainable harmony.”

Yogification 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.

A yogification program 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.

James Boag



James is a truly gifted teacher. He 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 and we are blessed to have him here in Yorkshire!

Mind for Cooking



Kate Zaleska is a talented and inspiring vegetarian chef whose philosophy on life, food, and eating chimes beautifully with 'Yogification'. 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 from a long established tradition of meditation. 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's 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 these "Yogification" 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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