

Mrs Osborne



RECOMMENDS ..



# PRACTICAL PATAÑJALI:

Yoga and the whole of our lives

suitable for all  
ages and levels  
of experience

## Patañjali's Yoga Sūtra-s Chapter One: In-depth study and exploration

**Saturday 8th July 2017 3pm to Saturday 15th July 2017 4pm**

A one week integrated retreat for deep rest and deep exploration at Ampleforth Abbey, North Yorkshire with James Boag.

Āsana and Movement, Meditation, Meditative Walking, Kirtan, storytelling and in-depth study of Chapter One of Patañjali's Yoga Sutra.

The Yoga Sūtra is the distilled presentation of the teachings of yoga as the Practical School of Indian Philosophy. Patañjali's Sūtra is a work of staggering genius, brilliantly succinct, robust and inclusive. At first approach though, the text can seem opaque. Join us in the stunning setting of Ampleforth Abbey for a rare opportunity to mine the glorious depths of the Sanskr̥t original *and* explore these teachings in *practical* ways.

James' approach, and our holistic exploration this week, aims to allow every participant to develop a live, personal and lasting relationship with this amazingly practical wisdom text, and a deepening understanding of the broad spectrum, practical gifts that beat at the heart of the yoga tradition.

# The Yoga Sūtra-s: the stitches that can help us weave greater harmony into the fabric of our lives.

## About our study together:

We will explore Chapter One of the Yoga Sūtra, working in-depth from Patañjali's original Sanskr̥t so we may begin to appreciate its vast reach, its inspiring universality and practicality. We will study the text closely, with space and time for discussion, and emphasis on the text's practical application in the grounded reality of our lives.

As we work with Chapter One of this miracle, mirror text, we will consider:

- What are the Yoga Sūtra-s?
- How do the Sūtra-s work and how can we work with them?
- Particularities of Patañjali's Yoga System as demonstrated in the Sūtra-s: the Inclusivity of Yoga, Patañjali 'walking his talk'.
- What is yoga? Yoga as a state and innate capacity within us all
- What's happening when we are not experiencing yoga?
- How we can invite, cultivate and deepen experience of yoga
- Yoga 'practice': its definition, course, and effects
- Foundation qualities for the yoga practitioner
- Mutually supportive and respectful orientations for practice
- 'God'/theism/devotion in the context of yoga
- The nature of the 'path': 'obstacles' and how to work with them
- Broad and broadening frames for internal – personal, and external – inter/trans-personal, practice
- The Mechanisms of meditation, how and why yoga works

## Holistic Exploration

Our topic and our inquiry are practical. As well as our sessions working closely with the text, we will explore Patañjali's teachings of yoga through a range of complimentary lenses, including:

- principle-based āsana and movement
- regular meditation
- meditative walking and sense rehabilitation exercises
- storytelling, kirtan and sound

## About āsana and movement on this retreat

Whether you are new to yoga āsana and/or broad spectrum functional movement, the way we work during this week is intended to give everyone useful tools to take away and will be suitable for all ages and levels of experience.

The āsana and movement work will all be principle-based, so what we explore will be relevant and applicable to ongoing practice with any yogāsana practice style or modality, and/or with broader movement disciplines.

We will focus in particular on embodying and working with practical yoga principles in this amazing vehicle of a human body: exploring how we can cultivate healthy neuromuscular patterns and efficient kinetic chains through the body, and how we can use āsana, movement and haṭha yoga techniques and principles to foster greater vitality, presence and balance through the miraculous body-borne field of our awareness.



## Sample daily schedule

6:00	wake up
6:30	Meditation
7:30	Morning āsana and movement
9:00	Breakfast
10:30-12:30	Morning session*
13:00	Lunch, followed by rest and medi-siesta time
15:30-17:30	Afternoon session*
17:30-18:15	Meditation
18:30	Dinner
20:00	Evening satsang
21:30	Joyful silence**

NB: This schedule is a guide and is subject to modification. However, throughout the week, we will work with the underlying rhythm of: morning practices, morning and afternoon sessions, three regular meal times and evening satsang

\*Morning and afternoon sessions: what we do in these sessions will vary depending on the weather and the group, but generally speaking, each day, one of them will be dedicated to our study of the Yoga Sūtra text; and in the other we will explore the principles of yoga in application through a range of exercises, practices and activities, often outdoors, including: meditative walks, sense exploration and rehabilitation activities, āsana and movement workshops, natural movement games and activities.

\*\* Joyful Silence – To help us take advantage of the peacefulness of our surrounds, and to assimilate the nourishment of our rich program, we will generally practice joyful silence from the end of evening satsang until the end of the following morning's program.

## About the setting

We will be based in the peaceful Alban Roe house, where people have been coming to meditate and contemplate for generations. With two spacious practice rooms for satsang, classes and kirtan, separate dining areas and access to the beautiful grounds of Ampleforth Abbey, we can enjoy a wonderful environment conducive to deep rest and deep exploration. The bedrooms are basic, but spacious and comfortable. Our food, provided by Kate Zaleska, aka Kate the Mindful Baker, aka the yogini of the kitchen, will be exquisite, nourishing, balanced and full of joy, love and artistry. Throughout the week, we will be supported by Gillian Osborne and a team of retreat staff. They will be participating in the retreat, but also working to help ensure that all our immediate needs are met and that we can relax and dive into the unique opportunities of being on this retreat.

## About the Team



### James Boag

Originally from Yorkshire, England, James teaches yoga and applied yoga philosophy globally. Known for his inspiring, inclusive and engaging teaching style and holistic approach, his workshops and retreats include live storytelling, a principle-based, practical and inclusive style of asana/natural movement work, meditations and kirtan; all informed by years of practical exploration and dedicated study of Sanskrit and traditional yoga texts. James has been teaching for over twenty years, teaching yoga since 2003 and leading integrated programs on applied yoga philosophy around the world since 2009. He completed his Sanskrit MA in 2012 in Mysore where he regularly leads courses on the Bhagavad Gita and Yoga Sutra-s, working from the original Sanskrit texts, and Indian Mythology.

[www.jamesboagyoga.com](http://www.jamesboagyoga.com)



### Mind for Cooking

Kate Zaleska is a talented and inspiring vegetarian chef whose philosophy on life, food, and eating chimes beautifully with all things 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 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 is grounded in the principles, practices and teachings of the traditional texts; and bringing you this opportunity for deep rest and deep exploration of Patañjali, on retreat in the splendour of Ampleforth Abbey, ticks all of her boxes and so many more!

We all invite you to join us for this outstanding event!  
Single, and spacious double and triple rooms with  
early bird prices from £834 all inclusive



For booking & enquiries:

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