



Stillness in Action

One Shakti Yoga Retreat with Manish

This retreat is about experiencing the outer space with renewed energies anchored from the inner dimensions of who we essentially are. Simple exploration of oneself through Body, Breath, Mind and Energy awareness, will reward all with some insightful experiences.

Experience from previous retreats guides us to make this an interactive one and to realise Yoga is practiced as much off the mat as on it. This is a residential retreat which will offer over 5 hours of guided practices and much more on each full day.



Practices during the retreat will include:

- ☯ **Yogasanas - Movement and Postures**
- ☯ **Pranayama – Breath Awareness and Energy Expansion**
- ☯ **Relaxation - Yoga Nidra, Silent sittings/ Meditation**
- ☯ **Being with Nature**
- ☯ **Karma Yoga “relaxation in action, action in relaxation” and more...**

Manish is a qualified yoga instructor and a complementary therapist with over 25 years of experience. His journey has been one of integrating authentic spiritual practices with personal experiences. He has led many retreats (local/internationally) and workshops, and is unique in his guidance. His emphasis is on presenting these practices simply and with clarity.



This retreat will be ideally suited for practitioners and teachers of yoga, and other energy based practices. Please enquire or enrol if interested in attending. Most retreats are fully booked – so book early.



The retreat venue is in a beautiful English countryside.

Venue: St Katherine’s, Henley on Thames

Dates: Friday 25th May (from 3 pm) to Tuesday 29th May (to 3 pm), 2018

Fees: £425 (non-refundable deposit £200 on registration, full payment before 1st Mar 2018)

Retreat fee includes all Yoga guidance, vegetarian/vegan food and shared accommodation (with en-suite facilities (except in all Single rooms (limited) and rooms in annex building)). To reserve a place, please complete and return the form below with deposit or full fees ASAP (limited places). Confirmation of registration and further details will be shared in due course.



For further information, please contact Manish:

✉: manish@oneshakti.co.uk

☎: 07854 14 12 16

oneshakti.co.uk



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Name:

Email:

Address:

Mobile:

Next of Kin: Name

Mobile

Any dietary, accommodation (sharing preference) etc... ?

Please state any health problems (in confidence) on reverse side of this form. All practices are optional. The health responsibility lies with the participant. We do not accept any liability.

I enclose cash or cheque for £ _____ made payable to “M Shah”. (Do not post cash)

Signature

Date

Please return the form/fees to: “One Shakti Yoga Retreat, 202 Kenton Lane, Harrow, Middx. HA3 8SX”