***The Feminine Face of Yoga***

**Sunday, 2nd Oct, 10am-6pm**

**Cost: £45 - bring a lunch to share**

Join international yoga and meditation teacher Swami Saradananda on a fascinating day-long retreat. This programme is scheduled to take place on an especially auspicious day: the 2nd day of Navaratri, the 9-night worship of the Divine Mother, as well as the anniversary of Gandhi’s birth.

The day will include a balance of bhakti (devotion), karma yoga (selfless service) and discussion of ahimsa (non-violence). We will be relating these principles to the divine feminine archetype, which has a number of levels of meaning in yoga tradition – understanding them can assist you in taking your practice to a deeper level.

P**rogramme of the day:**

10-11am    Introduction to Navaratri and bhakti yoga, followed by guided Silent Meditation

11-1pm Asana and pranayama class

1-2pm Lunch break

2-3:15 Talk: karma yoga in daily life

3.15-3.30 Tea Break

3.30-5pm Talk: ahimsa includes more than you might think

5-5:45pm Closing meditation

5:45-6pm Tea and good-byes