

# SUKHITA YOGA MEDITATION INTENSIVE

## HOOK NORTON

4, 5 and 6 May 2019 £250

Friday

14.30 – 19.30

Saturday

10.30 – 16.30

Sunday

10.30 – 16.30



The Sukhita Yoga method transforms your self-awareness towards living with inner connection, energy and love. It explores a different way of moving and listening, inviting you towards an expression of yourself that is expansive, free and open-hearted. You will discover a way of guiding movement from within, learning to part from buried burdens and to give life to what is light and joyous inside.

In this meditation intensive you will be working with Hugh Poulton and Sarah Haden to open to your creativity in stillness to balance the energies that drive your internal patterns of thought, speech and action. There will be periods of exploring through physical stillness, movement and the power of nature.

### *“Movement in Stillness”*

Working individually, in pairs and within group work, you will be encouraged to look, listen and awaken to the flow of your mind in your body and the energetic power of stillness towards an inner transformation of feeling happy, balanced and loved within yourself.

On Friday you are invited to arrive from 2pm to ease into the weekend ahead. Please bring vegetarian or vegan dishes to share for a light supper together after our first session of the weekend and for our lunches on Saturday and Sunday. If you are travelling from far, fresh and dried fruit, nuts, crackers will be very welcome.

### About Hugh Poulton and Sarah Haden

Hugh first learned mindfulness in Thai monasteries some 35 years ago and has an equally long-lived love and experience of yoga. A serious back injury inspired a radical change in practice, integrating the essence of Buddhist wisdom and the subtle yoga energetic approach. This created the basis for the dynamic healing characteristic of Sukhita Yoga. Collaborating with Sarah set in motion a new vision for blending ancient wisdom with fluid form. With her love of yoga and dance and appreciation of the healing power of the voice, they have woven together a way of moving and listening that brings joy, loving kindness and compassion into our experience of daily life.