

SUKHITA YOGA MEDITATION INTENSIVE

HOOK NORTON

8 – 10 May 2020 £250

Friday 7.00pm - 9.30pm, Saturday 10.30am - 4.30pm, Sunday 10.30am - 4.30pm



In this meditation intensive you will be working with Hugh Poulton and Sarah Haden developing your awareness to connect with a richer sense of being. You will learn how to relax around your inner critic and the mental patterns that hold you back and expand from guided meditations into longer periods of silent exploration. Our focus is loving-kindness, compassion and forgiveness meditation creating a window to a deeper level of experience as a bridge to much longer periods of retreat.

In daily yoga sessions you will learn about the energetic inner support, so vital for sustaining longer periods of practice and experiment with balancing the flow of your mind in your body as preparation for this. In the afternoons Hugh will talk about self-development in the context of the philosophy of mindfulness meditation and original Buddhist texts.

Please bring vegetarian or vegan dishes to share at lunchtime 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.