

# SUKHITA YOGA MEDITATION INTENSIVE

## HOOK NORTON

### 22 - 24 November 2019 £250

Friday 14.30 – 19.30

Saturday 10.30 – 16.30

Sunday

10.30 – 16.30



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 meditation creating a window to a deep 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.

On Sunday we will have a gong bath with our guest Marta Przybyl. Sound vibrations are relaxing and extraordinary to experience in this type of session and will provide a powerful ending to our weekend of exploration and self-development.

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.