

# "Embracing the Aquarian Age" - Kundalini Yoga Retreat 2013

SATURDAY 15th JUNE

5:00 -7:30 Sadhana  
7:30 - 9:00 Breakfast  
9:00 - 10:00 Registration  
10:00 -11:00 Introduction to Kundalini Yoga or Workshop  
11:30 - 12:45 Kundalini Yoga Classes  
13:00 - 14:30 Lunch  
14:30 - 15:15 Meditation classes  
15:45 - 17:00 Kundalini Yoga Classes  
17:30 - 19:00 Dinner  
19:00 - 20:00 Social Dance  
20:00 - 21:00 Gong Meditation

SUNDAY 16th JUNE

5:00 - 7.30 Sadhana  
7:30 - 9:00 Breakfast  
9:30 - 10.30 Kundalini Yoga Classes  
11:00 - 12:00 Kundalini Yoga Classes  
12:30 - 13:00 Closing Meditation  
13:00 - 14:00 Lunch & Departure

**You should bring:**

A yoga mat to sit on

A meditation cushion (if required)

A shawl/blanket to wrap around you during meditation/relaxation

A change of loose clothing suitable for yoga (most people wear white but it is not required A white hat/head-covering is expected for sadhana - shawl or headscarf etc. is fine) You may also wish to bring:

A note pad and pen. A bottle of water. A torch.

Sensible outdoor shoes/boots and indoor slippers/socks.

A towel

(You may wish to bring a damp proof sheet to put under your yoga mat on the grass)



**I-SKY** International  
School of Kundalini Yoga

SKY was established in the U.K. in 1996 by Guru Dharam Singh & Darryl O'Keeffe, authors of *The Kundalini Yoga Experience aka Kundalini the Essence of Yoga*. We remain committed to spreading the understanding and safe practice of Kundalini Yoga and recognise the teachings of Yogi Bhanan as a definitive source of such practice in modern times. Whilst encouraging the adoption of a yogic lifestyle and vegetarian diet; we strive to be inclusive of diverse beliefs and cultures and allow access to kundalini yoga for all. As i-SKY.net we now offer a variety of transformational training opportunities across the world.

Our Level 1 Kundalini Yoga Instructors course, Level 2 Practitioner Modules as well as other i-SKY approved training courses are now offered in a number of countries. Please enquire for details.

## i-SKY UK Programme 2013/2014

January - December

K<sup>1</sup> Kundalini Yoga Instructors Level 1  
June

Weekend Residential Retreat Open to All  
August

Women's Camp and Yoga Retreat  
October - July

K<sup>1</sup> Kundalini Yoga Instructors Level 1  
Late October (half term)

K<sup>2</sup> Kundalini Yoga Practitioners Level 2  
Module New Year

New Year Residential Retreat Open to All

All UK course held at Ufton Court,  
Berkshire.

**PLUS SHORT COURSES &  
WORKSHOPS AT VARIOUS UK  
LOCATIONS THROUGHOUT THE YEAR**



[WWW.UFTONCOURT.CO.UK](http://WWW.UFTONCOURT.CO.UK)

Ufton Court is an experience in itself; a timber framed Elizabethan House incorporating an earlier medieval manor house and set in attractive and extensive wooded grounds. It was home to the Catholic Perkins family from the late 16th century and contains a number of secret priest holes, a small oratory and a number of interesting wall paintings. Yoga classes will take place in the house, on the lawn and in the impressively restored Tithe Barn. You will also have the opportunity to walk around the medieval fishponds within the grounds or further afield into the thousands of acres of nearby forest and farmland, overlooking the Kennet Valley.

The nearest train stations are: Theale, (5 minutes) which has a direct link to Reading (London Paddington) and Mortimer, (7 minutes) which links to Reading and Basingstoke (London Waterloo).

Address for sat nav: Ufton Court, Green Lane, Ufton Nervet, Reading, RG7 4HD

