

## Invite to - Homeward bound embodiment journey to “the stillness of being”



After a random chance meeting in Venice where Chandrika and I discovered that we had a dear friend in common, the beautiful synchronicity of this meeting inspired us to create a holistic yoga, chanting, mediation and breath workshop in our little tranquil oasis in France.

### What to expect and the intention for the workshop

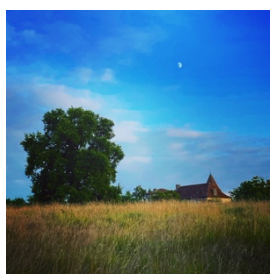
*“I am honored to guide you on your homeward bound embodiment journey, using ancient methods of yoga which explore body, breath, emotions, mind leading one into the stillness of being.”*

*The sessions involve asana(postures) pranayama (breath work) dhyana (meditation) mantra(chanting) and other tools providing a supportive space to to deepen attention into ones consciousness and stay grounded despite the inconsistency of life and chaos of the world.”*

### Schedule

Morning Asana Sessions- open to all levels  
Noon: Yoga nidra, pranayama, chanting and yoga philosophy  
Leisurely, social and healthy lunch  
Early evening: restorative asana  
Late evening: Chanting, mediation, fire circle in our woodhenge

There will be the opportunity to have private sessions of Yoga Therapy with Chandrika. Herbal remedy making, herb walks and forest bathing are also available.



The workshop is set in the beautiful surroundings and nature of Bedat where we aim to nourish body, mind and soul.



For those staying on site there will be three delicious organic plant based, gluten free meals optimised for maximum nutritional content and of course for taste ;-). Lunch is included also for those commuting.

### **More info on Chandrika**

Chandrika found her practice early on in life, with a natural inclination toward meditation and mindfulness. A wandering Sadhvi, who has explored various traditions of Indian spirituality from Kashmir Shaivism, to Vanda Scaravelli to Buddhism to Yoga, completing her Yoga Teacher Training with Sivananda in Kerala, and Krishnamacharya Mandiram in Chennai.

Inspired by the Krishnamacharya Tradition which specializes, in individualized yoga therapy classes integrating breath-work and chanting with movement. A practice rooted in the ancient philosophy of Patanjalis Yoga Sutras. A healing class for all levels that will leave you feeling peaceful, rejuvenated and balanced.



## **Dates**

Monday the 7th April until Friday the 11th

Course start at 10.00 on the 7 th April  
Course ends on the 11th after a leisurely lunch

## **Investment**

Course and lunch for those commuting: £615 / EUR 730  
Residential with 3 meals, based on room sharing: £915/ EUR 1050  
Residential with 3 meals, single room: £1065/ EUR 1230

To book or for more info please contact Susi on [susi@skaiser.co.uk](mailto:susi@skaiser.co.uk)  
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*We hope you can join us on this journey to discover the stillness  
within*

**Love Susi and Chandrika**