

# Yoga

Yoga improves vitality, flexibility, strength and concentration for people of all levels of fitness. Iyengar Yoga is taught by Shuddhasara, Iyengar Junior Intermediate level 2 teacher and Dhiyampati, Iyengar Introductory level 2 teacher.

## Yoga Level 1

An introductory course in Iyengar Yoga, suitable for complete beginners.

**Mondays 7.45pm - 9.15pm. Led by Shuddhasara.**

**12 weeks: Starts 10 January (Half term break 21 - 25 February)**

**11 weeks: Starts 25 April (Half term break 30 May - 3 June)**

**£108 / £96 conc.**

**Wednesdays 6.00pm - 7.30pm. Led by Shuddhasara.**

**12 weeks: Starts 12 January (Half term break 21 - 25 February)**

**11 weeks: Starts 27 April (Half term break 30 May - 3 June)**

**£108 / £96 conc.**

**Thursdays 6.00pm - 7.20pm. Led by Dhiyampati.**

**12 weeks: Starts 13 January (Half term break 21 - 25 February)**

**12 weeks: Starts 28 April (Half term break 30 May - 3 June)**

**£88 / £72 conc.**

## Yoga Level 2

For those with at least six months experience of Iyengar Yoga.

**Mondays 6.00pm - 7.30pm. Led by Shuddhasara.**

**12 weeks: Starts 10 January (Half term break 21 - 25 February)**

**11 weeks: Starts 25 April (Half term break 30 May - 3 June)**

**£108 / £96 conc.**

**Wednesdays 7.45pm - 9.15pm. Led by Shuddhasara.**

**12 weeks: Starts 12 January (Half term break 21 - 25 February)**

**11 weeks: Starts 27 April (Half term break 30 May - 3 June)**

**£108 / £96 conc.**

## Yoga Level 2 or 3

For those with at least six months experience of Iyengar Yoga.

**Wednesdays 11.45am - 1.30pm. Led by Shuddhasara.**

**12 weeks: Starts 12 January (Half term break 21 - 25 February)**

**11 weeks: Starts 27 April (Half term break 30 May - 3 June)**

**£120 / £108 conc.**

## Yoga Level 3

A twelve week course, by arrangement with the tutor.

**Thursdays 7.30pm - 9.15pm. Led by Shuddhasara.**

**12 weeks: Starts 13 January (Half term break 21 - 25 February)**

**11 weeks: Starts 28 April (Half term break 30 May - 3 June)**

**£120 / £108 conc.**

## Workshops

A morning of Iyengar Yoga, for those with at least twelve months experience of Iyengar Yoga.

**10.00am - 1.00pm. On the following Sundays:**

**16 January, 13 February, 8 May, 19 June.**

**£18 / £15 conc.**

## Yoga Weekend Retreat

A residential weekend retreat open to anyone with at least twelve months yoga experience. Held at Vajrasana, a retreat centre near Bury St. Edmunds.

**Friday 4 March - Sunday 6 March.**

**£145 / £115 conc.**

## Daytime Yoga Drop-in

No need to book. Suitable for complete beginners.

**Tuesdays 10.00am - 11.30am. Led by Dhiyampati.**

**£8 / £7 conc.**

## Evening Yoga Drop-in

No need to book. General level, suitable for all except complete beginners.

**Tuesdays 7.30pm - 9.00pm. Led by Dhiyampati.**

**£8 / £7 conc.**

# Tai Chi

The gentle nature of the practice helps to overcome stress and its related illnesses, improve posture and help you feel more grounded. It is equally suitable for young and old. Classes are taught by Abhayamati, teacher in the Taijiquan School of Central Equilibrium.

## Introduction to Tai Chi

A ten week course to learn the principles of Tai Chi.

**Tuesdays 6.15pm - 7.45pm**

**Starts 18 January (Half term break 21 - 25 February)**

**Starts 26 April (Half term break 30 May - 3 June)**

**£98 / £68 conc. (Practice Day included)**

## Tai Chi for Regulars

A ten week course. Open to anyone who has completed 'Introduction to Tai Chi'.

**Tuesdays 8.00pm - 9.30pm**

**Starts 18 January (Half term break 21 - 25 February)**

**Starts 26 April (Half term break 30 May - 3 June)**

**£98 / £68 conc. (Practice Day included)**

## Tai Chi Practice Days

Open to anyone who has attended 'Introduction to Tai Chi' or 'Tai Chi for Regulars'.

**Sunday 20 March. Saturday 18 June.**

**10.30am - 3.00pm. Please bring vegetarian lunch to share.**

**£30 / £20 conc. (Free to current course attendees)**

## Mindfulness-Based Stress Reduction

Learn how paying attention to your experience in a non-judgemental way helps to face stress with confidence.

## Mindfulness-Based Stress Reduction Course

A nine week course to help deal more effectively with stress.

**Wednesdays 2.30pm - 5.00pm**

**Starts 19 January (Half term break 21 - 25 February)**

**£195 / £155 conc. (Practice Day, two CDs and workbook included)**

**Starts 4 May (Half term break 30 May - 3 June)**

**£210 / £160 conc. (Practice Day, two CDs and workbook included)**

**Wednesdays 7.00pm - 9.30pm**

**Starts 19 January (Half term break 21 - 25 February)**

**£195 / £155 conc. (Practice Day, two CDs and workbook included)**

**Starts 4 May (Half term break 30 May - 3 June)**

**£210 / £160 conc. (Practice Day, two CDs and workbook included)**

## MBSR Practice Days

An intensive day of practice for course attendees.

**Saturday 12 March. Saturday 25 June.**

**10.00am - 4.00pm. Please bring vegetarian lunch to share.**

**£30 / £20 conc. (Free to current course attendees)**

## Living Well with Pain and Illness

A self-management mindfulness-based programme for anyone wanting to learn how to manage pain and ill health.

## Living Well with Pain and Illness course

An eight week Breathworks™ course to help you live your life.

**Thursdays 2.30pm - 5.00pm**

**Starts 3 February, 14 April.**

**£195 / £155 conc. (Practice Day, three CDs and workbook included)**

## Living Well with Pain and Illness Practice Days

An intensive day of practice for course attendees.

**Thursday 31 March, 9 June.**

**11.00am - 3.00pm. Please bring vegetarian lunch to share.**

**£30 / £20 conc. (Free to current course attendees)**

# Welcome

Reception is open 10.00am - 1.00pm, Monday - Thursday. We have a well-stocked bookshop which also sells incense, Buddha figures, and meditation and yoga equipment.

**BY CAR** Limited parking is available on our forecourt.

Full directions can be found on our website.

**BY BUS** The no. 3 bus from the railway station stops opposite the Buddhist Centre (Napier Street stop). Citi 4 also stops at Napier Street.

**WALKING/CYCLING** We are 10 minutes walk from Drummer Street bus station. There is space to lock your cycle.

Book online and find up-to-date information at:

[www.cambridgebuddhistcentre.com](http://www.cambridgebuddhistcentre.com)



## Cambridge Buddhist Centre

38 Newmarket Road, Cambridge, CB5 8DT

Telephone 01223 577553

Email [info@cambridgebuddhistcentre.com](mailto:info@cambridgebuddhistcentre.com)

Web [www.cambridgebuddhistcentre.com](http://www.cambridgebuddhistcentre.com)

Booking: Unless otherwise stated, payment in advance of the entire fee is required. Book online at [www.cambridgebuddhistcentre.com](http://www.cambridgebuddhistcentre.com) or send a cheque payable to Cambridge Buddhist Centre to: Cambridge Buddhist Centre, 38 Newmarket Road, Cambridge CB5 8DT. Concessions are for students, senior citizens and those receiving benefits. Cancellation policy: We require five working days before the start date to cancel your booking, refunds are not usually available after this time. A £5 booking fee will be deducted. Data Protection Act: If you receive this programme by post, we have your details on our computer. If this is unacceptable to you, please let us know. Cambridge Buddhist Centre is a working title of Triratna Cambridge, charity no. 297894. Printed on recycled paper.

# CAMBRIDGE BUDDHIST CENTRE

Jan - July  
2011

## Meditation Buddhism

Mindfulness-Based  
Stress Reduction

Living Well with  
Pain and Illness

Tai Chi  
Yoga

[www.cambridgebuddhistcentre.com](http://www.cambridgebuddhistcentre.com)