

Cheshire Yoga Teachers Association

A Brief History 1985 - 2015



1985	
1 st August	The idea of a yoga group was originally mooted by Di George. Miranda offered her house for meetings where the first one was held. 2 more informal meetings followed which brought people together and formed the basis of the association. Aims of the group: To form an Association of teachers in Cheshire to share information and raise teaching standards within the group.
25 th August	The first minuted CYTA meeting was held at Margaret Houldsworth's house with the founder members including: Miranda Michaelides (elected Chair) Lea Durrant Margaret Houldsworth Di George (elected Treasurer) Diana Davidson Brenda Dumbarton (elected Secretary) Beryl Barker Joan Probert Membership fee: £4 4 meetings per year were proposed along with 1 or 2 seminars.
1986	
3 rd May	The first seminar was held at Mottram Village Hall at a cost of £3 for members and £4 for non members. Manny Patel from the LIFE Foundation was the speaker.
February	The association continued to grow and by February another 7 members had joined including: Joan Sherry, Dorothy Roach & Verena McCann
April	Christine Royle and Lil Wale joined
May	Margaret Priestner joined
July	The Association had a written Constitution. It still has that Constitution now, with only a minor addition to include Associate members.
October	The second seminar was held at Cheadle High School. Tony Crisp was the speaker. 70 students attended.
November	Dorothy Hollett joined
1987	
February	Gillian Mayo and Alison Dyke joined. Christine Royle was elected Vice Chair and her husband, Donald, was elected Treasurer.
1988	
December	Charles Brien joined
1989	No records found

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1990	Charles Brien had started to keep a diary and write up about CYTA events. These reports were sent to yoga journals and included the BWY newsletters.
January	Dorothy Charnley and Miranda Michaelides started to teach a BWY Teacher Training Course at Poynton. Another one was planned for September.
March	Seminar at Cheadle Hulme High school included a vigorous Hatha session and 'Touch For Health' Cross Crawl with Allan Oakman, and concluded with chanting your own name which became a harmonious overtone/ single sound
November	Seminar was with Swami Nischalanda
CYTA was well established and on it's way!	
1991	Cheryl Forder joined the committee
March	Seminar with Philip Xerri- Hatha Yoga, Pranayama & Touch For Health
May	Seminar with Anita Goswami & Sian Edwards from LIFE Foundation
July	First visit & weekend at St.Joseph's at Malpas, Cheshire with Joan Bowers as guest speaker on Upanishads, Patanjali & Reincarnation
August	Nancy & Gregory Ford-Kohne introduced their KI Yoga (yoga & Aikido)
November	Seminar with Merle McCarthy- Hatha Yoga and the 7 Chakras
1992	
January	Yoga Weekend at Brighouse, Yorkshire with Beryl Norton & Sue Wood
February	Seminar with Philip Jones- 50 attended his seminar!
March	Tai Chi seminar with Chrissie Cobur-Krzowska- also explained links between Yoga, Buddhism & Taoism.
April	Charles Brien designed the first CYTA membership form which was printed in 1993
May	Weekend at Malpas with Laskmi Waters- Shiatsu, outdoor Pranayama, Crystals and the healing power of the Chakras
November	Seminar with Margaret Ellis at Poynton Methodist Church Hall
1993	Christine Royle became Chair, Cheryl Forer & Dorothy Hollett Secretaries, Gill Mayo became Assistant Treasurer to Dorothy Roach, and Charles Brien became Publicity Officer & Alison Catering Officer. Sue Hargreaves joined the committee. The membership list named Anne & Les Hewitt, William Shawcross, and Audrey Youngman for the first time.
March 20th	Seminar with Bernard Platt at Avondale School, Stockport
June	CYTA weekend with Robert Benson at Malpas- Esoteric Healing & colour
November 20th	Trinity Methodist Church Hall was used for a seminar for the first time. Penderell Reed took an Iyengar Yoga session & Alan Waggett

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	spoke about Arthritis & diet.
1994	
March 19th	Seminar with Angela Thompson at Trinity
June	Weekend at Malpas with Laurie Williamson
November 19th	Seminar with Sri Indar Nath at Trinity Methodist Church Hall
1995	Sue was elected Secretary in place of Dorothy Hollett and she started a list of Yoga Classes in the area. Christine was teaching 19 classes a week. Alisdhair McNaill was elected Publicity Officer.
March 18th	Seminar with Pam Horton at Trinity Methodist Church Hall
June	Weekend with Jean Marshall at Malpas
November 11 th	Ruth White tutored a seminar at Dean Row Community Centre, Wilmslow
1996	Margaret Houldsworth moved to Warwickshire
March 24 th	Held at Warrington with Sue as Secretary at her first CYTA AGM
March 30 th	CYTA 'Team' seminar at Trinity
June	Malpas weekend with Swami Dharmananda
September 28th	Special Needs Day- 'Yoga for Pregnancy' with Jane Reed
October	Weekend at Grasmere with a CYTA team trying out the venue
November	Tai Chi seminar with Alan Mc Donald at Trinity
1997	Yoga Seminar with Philip Xerri at Chorley Hall- Hatha Yoga & pranayama – 40 attended
March 8th	AGM at Dorothy Hollet's in Hazel Grove
March 23rd	Festival of Yoga & Health at Trinity Methodist Church Hall offering Yoga, Kinesiology, Reflexology, Aromatherapy, Tai Chi, Crystal Healing, Alexander Technique, Stress Management – 90 people attended!
June 14th	Weekend at Grasmere- Personality Profiling with Dorothy Hollett
Sept. 26-28th	CYTA Team seminar at Runcorn
November 8th	Yoga Seminar with Philip Xerri at Chorley Hall- Hatha Yoga & pranayama – 40 attended
1998	AGM at Miranda's at Poynton Charles Brien resigned from his role on the CYTA Committee. He sadly died later in the year
March 28th	Malpas Weekend - Feng Shui with Cathi Hargaden
June 12-14th	Radha House Yoga seminar with Katherine Hampton
November 14th	Retirement Lunch for Miranda at Sue's house
November 1st	AGM at Miranda's at Poynton
1999	Brenda Dumbarton resigned from the CYTA committee Sue continued the CYTA Newsletter which Allisdhair had started in 1995
March 6th	CYTA Team seminar at Warrington
March 28th	AGM at Sue Hargreaves' at Warrington

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	Allisdhair McNaul resigned as Publicity Officer but wishes to continue to print a Newsletter for CYTA
June 25-27th	Malpas Weekend - Feng Shui with Cathi - 2nd time around!
July 10th	CYTA barbecue for membership at Diana's house
November 13th	Festival of Yoga & Health in Charles Briens' memory had 130 people attending! Sue had received & collated Charles Brien's yoga manuals and magazines as a 'library' for CYTA members
2000	
February 12th	Ken Simmons took a Day of Yoga at Trinity
May 13 th	CYTA Free Training Day on Yoga for Hips & Backs with Sarah Delamore at Wilmslow Methodist Church Hall
June	Weekend at Malpas with Michael Taylor taking the Primary Series of Ashtanga Yoga -30 brave souls attended!
July 15th	BBQ at Sue's house for CYTA membership
November 11th	Ashtanga Vinyasa Yoga & Tai Chi with Imelda Maguire at Alford Hall, Warrington-70 attended
2001	
	Fiona Adamson moved to Kidderminster
February 17th	Derek Osborn at Trinity- 'What you see, you become'
June	Weekend of painting , yoga & walking
June 23 rd	BBQ at Sue's house for CYTA membership
July 27 th	Gillian Mayo became Mrs. Gillian Bruton
November 10th	Margaret Carter took Iyengar yoga session at Alford Hall, Warrington with 40 students attending
2002	
	CYTA website address www.cyta.org.uk was purchased, and by the end of the year the CYTA website completed and up and running!
February 9th	Pam & Gordon Smith seminar at Trinity- Co-ordinating Raja, Bhakti & Karma Yoga
March 23 rd AGM	Held at Dean row Village Hall- Rosemary Irving took an Aura Soma session
June	Weekend at Grantley Hall, Ripon, North Yorkshire with Lydia Dring taking us through Viniyoga practices
July 13th	BBQ at Sue's house for CYTA membership
November 16th	Sarah Lionheart seminar on Meditation at our new venue- Rixton with Glazebrook Village Hall near Warrington
2003	
	Alison Dyke resigned as Catering Officer
April 12 th	Day of Yoga with the CYTA Team at Trinity- Yin Yoga/ Pranayama/ Pairs Yoga/ Meditation & relaxation
June 28th	Festival of Yoga & Health at Trinity with Yoga for Backs, Circle Dancing, Ayurvedic Medicine, Indian Head Massage, Hopi Ear Candles, Chi Ball, Pilates, Reiki and Shiatsu- 83 attended
July 19 th	BBQ at Gillian Bruton's house for CYTA members
November 23 rd	Day of Astanga Yoga & Mantra with Peter Clemson at Rixton
2004	
	Launch of Associate membership to CYTA

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	Miranda Michaelides moved to Canada after 33 years of yoga teaching
February 21 st	Day of Yoga -posture work with emphasis on increasing understanding of asana and pranayama, followed by Kinesiology and Mantra- with Allan Oakman at Trinity
July	Weekend at Whalley Abbey, near Clitheroe, with Rosey Cole teaching Yin and Yang style yoga.
August 1st	BBQ at Sue's house for CYTA membership
September	CYTA's new stationery and membership forms printed
November 27th	Association of Yoga Studies Day Day (formally known as Viniyoga) with Lydia Dring at Rixton
2005	
February 19th	Yoga for Backs with Annie Jones & Coby Langford from the LIFE foundation at Trinity
March 12 th	CYTA members Free Training Day- Dr Olga Gregson spoke about "Wising up to Stress"
June	Weekend of Yoga and Ayurveda at Malpas with Judith Brown- 28 attended
July 2nd	BBQ for members at Diana Davidson's house
November 26 th	'Pranayama and Hatha' with Rosemary Bennett at Rixton
2006	
	July – Gill Bruton former Treasurer moves to France
February 11th	Yin Yang Yoga with Rosey Cole from the Buddhist Centre at Trinity
March 17 th	CYTA AGM at Sue Hargreaves house
March 18 th	Free Training Day at Wilmslow Methodist Church Hall Hania Gorzko Yoga for Children "I really enjoyed Hania's session – as I think others did! It was really imaginative and I am sure would work well in getting children involved in a class situation. Hania's own children were delightful!" Sue Hargreaves
11 th February	Spring Seminar at Trinity Church, Woodsmoor Padmarashini (Rosey Cole) A day of Yin Yoga "We began the session with an all over body massage, tapping down the inside and up the outside of arms & legs...we then had to invite the person next to us to apply a similar treatment to the back of the body – this proved to be a good ice breaking exercise! We continued with a series of Yin Postures ...some of these were quite demanding but she encouraged us to be patient and look for enjoyment in the practice" Teresa Ingham
23 rd – 25 th June	Summer Weekend at Whalley Abbey Sue Woodd "The weekend passed all too quickly. I was very impressed with Sue's depth of knowledge and experience. Her light touch and sense of humour made the sessions enjoyable and easy to digest. Altogether an excellent weekend and excellent tutor" Alison Dyke
22 nd July	CYTA Barbecue at Sue Hargreaves House
16 th September	Free Training Day at Wilmslow Methodist Church Hall

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	Louise Batey & Les Hewitt What is heart disease? & The needs of people with heart disease
25 th November	Autumn Seminar at Rixton with Glazebrook Yoga & Shiatsu Paul Houghton - Cancelled due to double booking of venue
2007	May - Obituary for Peter Oakley, Sue Hargreaves partner & CYTA associate member representative Return to holding free training seminar & AGM on same day Winter – Diana Davidsons’s husband died
10 th Feb	Spring Seminar at Trinity Church, Woodsmoor Heather Regan Adis - Mindfulness
29 th June – 1 st July	Summer Weekend at Snowdon Lodge North Wales Upasana Movement, Pleasure & Light “Our bodies and our minds opened to the light in the beautiful purpose built hall, under the gentle guidance of our tutor” Sue Hargreaves
1 st September	CYTA Barbecue at Diana Davidsons House
	Free Training Day at Wilmslow Methodist Church Hall
24 th November	Autumn Seminar at Rixton with Glazebrook Yoga & Shiatsu Paul Houghton
2008	May – Judith Lynch becomes Newsletter editor November - Obituary for Dorothy Roach, former CYTA committee member and Joan Sherry founding CYTA member
15 th March	Spring Seminar at Trinity Church, Woodsmoor Saraswati Neville & Alan Jones A Morning of Hatha Yoga & an afternoon of clapping, drumming and chanting “We had a wonderful day with you. I have been running chanting sessions for over 10 years...in my experience it normally takes a lot longer for a group to drum so freely and chant so well” Saraswati Neville
14 th September	CYTA Barbecue at Sue Hargreaves house
October 11th	Free Training Day at Wilmslow Methodist Church Hall Olivia Rigby Yoga for 3 rd Age
22 nd November	Autumn Seminar at Rixton with Glazebrook Ann Wilks The Stilling of the Mind Graham Baker Nada the Yoga of Sound “Anne reminded us of the importance of the breath whilst moving into, holding and coming out of postures, that the breath is the guide throughout all movements” “We had the opportunity to try out and listen to various sizes of bowls using various strikers and to discover what appealed to us personally” Sue Hargreaves
2009	
21 st March 2009	Spring Seminar at Trinity Church, Woodsmoor Rosemary “Prema” Bennett Exploring the purpose behind our practice “Rosemary has a lovely warm personality and generously shared her vast Yoga experience in a well-balanced

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	programme which included a good work out in the morning, and Yoga Nidra relaxation and meditation in the afternoon session" Diana martin
17 th – 19 th July	Summer Weekend at Snowdon Lodge North Wales Anna Semlyen "Anna managed such a lovely flowing well balanced programme, great explanation of Dosha & Guna, finding our own type Vatta, Pitta Kapha working together with Yoga & Ayurveda balancing programmes" Carole Powell
10 th October	Free Training Day at Wilmslow Methodist Church Hall CYTA Team – Sue Hargreaves Warm Up, Dave Barry On our way to Nirvana Diana Davidson Living Mandala, Christine Royle Crystal Meditation, Judith Lynch Relaxation
21 st November	Autumn Seminar at Rixton with Glazebrook Pam Horton A day of Hatha Yoga for all "Pam taught us a range of variation and adaptations to support our students (and us!) to complete the full Salute to the Sun sequence at times when parts of our body are feeling challenged" Judith Lynch
2010	July - Christine Role marries Des Marsom
March 13th	Spring Seminar at Trinity Church, Woodsmoor Derek Osborne From the core to the heart "Derek's approach seemed to encourage you to be gentle with yourself but at the same time to try and go deeper into the Asanas" Barbara Schoefield
20-22 nd August	Summer Weekend at Whaley Hall Heather Regan-Adis Mindfulness in Yoga & Meditation "This has helped me deepen my practice and very inspiring to be with so many lovely wise people" Anon Do you remember Father Jamie of Antiques Roadshow fame?!!
19 th September	Free Training Day at Bodywork-Pilates, Chester Helen Conway Taoist Yoga "we explored movements we had not put together in sequences before...standing postures began with a couple of moving breathing sequences akin to Tai Chi/ Qi Gong to bring the energies and warmth into the body and to move the chakras" Sue Hargreaves
27 th November	Autumn Seminar at Rixton with Glazebrook CYTA Team: Cheryl Forder Warm Up Sequence, Sue Hargreaves Hatha routine to reduce vata, Diana Davidson pairs Yoga, Christine Royle Pranayama & meditation, Judith Lynch relaxation "I thoroughly enjoyed the day. Theresa Ingham thanked the organisers and said it was the best seminar she had attended recently. She had spoken to other attendees who liked the the variety of teaching/ subjects and the atmosphere created by the teacher and the group" Janet Smith

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2011	Obituary for Eric Brownbill, CYTA member passed away in July '11 & Gill Bruton, former CYTA treasurer member passed away 21.8.2011
26 th March	Spring Seminar at Trinity Church, Woodsmoor Swami Krisnapremananda, Living in Awareness (posture, pranayama & Bhagavad Gita) "It was a real pleasure to share with all the students present on Saturday. I found the group to be open & attentive – excellent students, and the day so well organised" Swami Krisnapremananda
17 TH – 19 TH June	Summer Weekend at Trafford Hall (First use) Sunshine Yoga lead by CYTA team. Partner yoga, summer sequencing stretches, Taoist sequences, chakra balancing & yoga nidra "I have had the most enjoyable weekend! Great environment, great company, fab tutors, More please, thank you" Teresa
17 th Sept	Free Training Day at Wilmslow Methodist Church Hall Tabitha Cohen Vinyasa yoga, Christine Royle Hand & Foot massage "I found Tabitha very bright, enthusiastic, confident, fit & supple. She took us through various energetic poses. I personally enjoyed her session very much certainly got the heart rate up & running" Anne Goldstraw "When we came to do the self-massage that was quite blissful and I have to say, thanks to Christine, my feet are much better looked after" Margaret Woodworth
26 th November	Autumn Seminar at Rixton with Glazebrook Di Locke Yoga Adaptations & Janet Irlam Moving from asana into the spiritual "Di lead us through an inclusive session of asanas. She has a lovely approachable & gentle style which encouraged all attendees to be in tune with their bodies and to participate in postures (or not) in a way appropriate to how they were feeling that day" "Janet's gentle introduction with delightful flowing sequences of arm & body movements helped us to focus on different parts of the body, tuning into it more deeply and encouraging ourselves to be kind and accepting ourselves as we are" Judith Lynch
2012	
	Obituary for Janet Smith, former CYTA committee member passed away 4.2.12
24 th March	Spring Seminar at Wilmslow Methodist Church Hall Nick Edge "A day of Yoga renewal – spring clean your body & your mind" Asana, Pranayama, Yoga Nidra & Mantra "Nick proved to be a popular tutor with all the ladies who spoke to me – easy on the eye as well as easy to work with!" Sue Hargreaves
29 th June – 1 st July	Summer Weekend at Trafford Hall "Going for Gold" (celebrating the London Olympics & Queens Diamond Jubilee) Guest Tutor Maria Koekenbier Shakti Dance & Wendy Carr Sound Bath supported by CYTA Team

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	<p>“The flowing nature of the movements was marvellously freeing for muscles and joints and by the end of the morning we had all worked hard but without really noticing it”</p>
22 nd September	<p>Free Training Day at Wilmslow Methodist Church Hall Judith Lynch – Seated Flow, Alison Dyke – Simple Vedic chant as a support for health “A lovely morning that gave us time out of a busy life...I found the flowing yoga quite meditative and for the first time ever I was able to bring my heels down to the ground in the downward dog posture – a great achievement for me” Margaret Horan</p>
17 th November	<p>Autumn Seminar at Rixton with Glazebrook Granville Cousins Yogasana flow sequences, meditation & discussion - 43 attended “...the morning session was pretty full-on in its approach and energy. Many students found the postures quite challenging but Granville did break each sequence of postures into 2 or 3 movements. Once we had practiced each element we were able to build it up into one complete flow” Judith Lynch</p>
2013	
16 th March	<p>Spring Seminar at Bramhall URC Hall (First use) Felicity Leigh Kriya yoga as described by Patanjali in Chapter 2 of Yoga Sutras. “Felicity’s workshop was not concerned with what we practice physically with the focus on learning posture, but rather on how we practice with the focus on exploring the mind-set we bring to our posture work – and our daily actions” Gill Justice</p>
	<p>AGM – referendum & decision to change from providing lunch at seminars to drinks & cakes only</p>
28 th – 30 th June	<p>Summer Weekend at Trafford Hall “Golden Gateway” with Swami Krishnapremananda, exploring the teachings of Bhagavad Gita to make them accessible & pertinent to daily life – sessions included mantra & breath, chanting, hatha practice, yoga nidra, kirtan & satsang. “The weekend was all about the Gita and Swami Krishnapremananda walked, talked and sang us through it. He did it in a way that was so interesting and exciting it made me come home, dust the Gita from the bookshelf, and READ it!” Maralyn Heginbotham</p>
21 st September	<p>Free Training Day at Wilmslow Methodist Church Hall Lead by Helen Conway, Relaxation by Christine Royle</p>
16 th November	<p>Autumn Seminar at Rixton with Glazebrook Lindsay Jones Iyengar Yoga 40+ people attended “Lindsay’s teaching & demonstrations were tempered with a winning humour and a charming mix of self-deprecation and confidence which I am sure encouraged us all to stretch deeper, widen our stride a little, even tackle the half-moon balance with aplomb (and a few extra supporting blocks!)” Kate Hall Sound & movement workshop in the afternoon</p>
2014	

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15 th March	Spring Seminar at Trinity Methodist Hall, Woodsmoor Jackie Quayle Vinyasa flow & Yin yoga
13 th – 15 th June	Summer Weekend at Trafford Hall with Derek Osborn “The Garden of Yoga”
18 th October	Free Training Day with Gill Justice Mindful Practice & Diana Davidson Long Relaxation
15 th November	Autumn Seminar at Rixton with Glazebrook with Pam Horton
2015	
15 th March	Spring Seminar at Trinity Methodist Hall, Woodsmoor Devi Lewis Functional Yoga Playshop “Movement – Yoga – Self” “Devi challenged us to think outside the box in our yoga practice. She encouraged us to take ourselves back to childhood exploring movements and delighting in the newness of things. As well as listening closely to our bodies she suggested we took the opportunity to reflect more on our yoga” Judith Lynch
13 th – 15 th June	Summer Weekend at Trafford Hall with Swami Krisnanpremanada “Homecoming” Celebrating 30 years of CYTA
10 th October	Free Training Day + 30th Anniversary Celebration Partner Yoga with Judith Lynch & Cheryl Forder, Anna White laughter Yoga & Relaxation followed by 30 th Celebration lunch

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In December 1988 CHARLES BRIEN joined CYTA; he became Publicity Officer & started to keep a CYTA Diary in 1990.

Charles sadly passed away in July 1998 after a short illness. We dedicated our Yoga Festival 1999 to him, as holding such an event was his 'brain child', and Charles had given us the incentive and confidence to go ahead with it.

His collection of Yoga Journals and Yoga & Health magazines were given to us by his wife, Olive, and I kept ALL of them as a reference 'library' for CYTA members until I moved house.

Quotes from Charles:

'The weekend was the start of a new tradition in Cheshire!'

July 1991- CYTA's first weekend at St Joseph's Retreat House at Malpas

'The abundance of delicious food caused a lot of anxiety about waistlines. The Catholic Brothers who run the Malpas Centre were very persuasive with second helpings.'

May 1992- CYTA weekend at St Joseph's Retreat House at Malpas

'The news that there wasn't time to do backs & fronts was received with mingled relief & regret!'

May 1992- aromatherapy massages tutored by Christine at CYTA weekend at St Joseph's Retreat House at Malpas

'Early on Sunday, Charles Brien conducted a meditative journey through the Chakras from Earth to Heaven and back in 45 minutes!'

May 1992- CYTA weekend at St Joseph's Retreat House at Malpas

'As it turned out, we would have needed nearby Lyme Park to provide enough room for all those attending'

March 1992- 1 day seminar of Tai Chi Chuan at Poynton with Chrissie Coburn-Krzowska

'In late January, some teachers & pupils from Cheshire found themselves on foreign territory in Brighouse, Yorks. The occasion was a Yoga weekend at the luxurious Forte Hotel. In between eating gargantuan meals & togetherness sessions in the jacuzzi, we enjoyed some yoga workshops.'

Jan 1992- weekend away with Sue Wood & Beryl Norton

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As part of the preparations for our 30th Anniversary, we asked all members a few questions about being part of CYTA. Here are the answers we received:

Why did you join CYTA?

- I joined CYTA to attend the various yoga events and feel part of it rather than an outsider.
- I wanted more local workshops with a wider variety of teachers
- I joined to find out more about the events and courses available.
- I was introduced to CYTA by my dear friend Janet Smith & attracted by the availability of different teachers & various themes of the yoga days
- I joined to further my knowledge & experience of yoga
- It was a continuation of all my seminars (Ickwell Bury/ Faith House/ Whitefield/ Crewe etc,)

Why do you continue to stay as a member?

- I enjoy the events and the opportunity to experience different tutors.
- Because I am happy that I am getting what I initially was looking for.
- I think it benefits me and keep me in touch with what's going on in the wider yoga world.
- Opportunity to join in with a mixed group of yoga teachers & non teachers & experience different techniques & teaching methods etc., Also the group is very friendly & I always feel welcome.
- Because I regard Yoga as a way of life & I have met so many lovely people in CYTA
- It is one of my regular yoga activities

How long have you been a CYTA member?

- *5 years (?)*
- I have been a member for one year.
- About 7 years
- Since December 2004 (I think!)
- Since 1993

Recall your most memorable moment (or moments) with CYTA

- Usually the weekend retreats. Always fun and informative.
- Trying Yin yoga and wondering if I could last the posture without getting stuck in it.
- I loved the sessions held by Swami K from the Ashram in Wales & I also enjoyed the session about sound & the various musical instruments & sound bowls.
- Staying at Whalley and meeting Father Jamie (just being there with friends)
- ALL most enjoyable