



# The Art of Living Foundation

[www.uk.artofliving.org](http://www.uk.artofliving.org)

## Part Two: Residential course in Gloucestershire

**Dates:** 17<sup>th</sup> February 2009 (from 6 pm) – 21<sup>st</sup> February 2010 (ends after lunch)

**Location:** *The Marist Centre, Nympsfield, Gloucestershire, GL10 3TZ*

*The course will take place in the friendly Marist convent, in the picturesque village of Nympsfield. There are lovely walks close by, including the Woodchester woodlands and lake (pictured below), and spectacular views as far as Wales at nearby Coley Peak.*



**Teacher:** *This course will be taught by an international teacher – to be confirmed*

**Cost:** *£360 (in a twin or triple bedded room) or £400 (limited single and ensuite supplement) £20 discount if booking received before 1<sup>st</sup> January 2009 (£340 sharing/£380 single).*

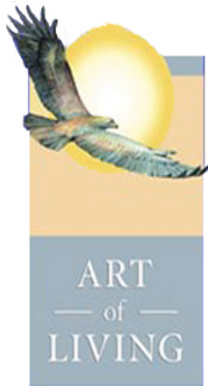
*A surcharge of £20 will be added for bookings received after 8<sup>th</sup> February.*

*The cost includes accommodation, course and full board with delicious vegetarian food.*

*The majority of the accommodation is in shared rooms with a bathroom and toilet close by. There are a very few single rooms and ensuite double rooms. These will be allocated according to need/ first come basis. Dependent on numbers there may be a few reduced prices places for those with genuine financial difficulty. Please let us know early if you might be interested in this possibility.*

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**Getting to Nympsfield:** *By Car: Easy access from the M5 Junction 13 or M4 Junction 18. If you would like a lift or are travelling by car and have space to offer another participant please let us know.*

*We encourage you to come by public transport: Stroud station is 4 miles away and has a frequent rail service from London, Bristol and the Midlands. Please let us know if you are coming by train so we can pick you up from the station. By air: Bristol airport.*

**Timings** *The start in the mornings will be early with practice before breakfast. It will end after satsang, at about 10.00 p.m. The course finishes at lunchtime on Sunday. Please make arrangements to be able to attend until then. Leaving before the end of the course is not advised.*

**Food:** *Nourishing, healthy vegetarian food will be freshly prepared for us three times a day and it is included in the price of the course. Please let us know if you have any special diet requirements.*

**What to bring:** *Comfortable cloths for yoga. Plenty of warm layers. Cushion, 2 blankets and yoga mat. If the weather is doubtful bring wet weather clothing and suitable footwear for walking outside. Bedding all provided but please bring a towel. Slippers or easy slip-on shoes are useful. A hot water bottle is useful if you feel the cold at night.*

*It is requested that no alcohol, recreational drugs or non-vegetarian food be consumed during the course.*

**Booking:** *It is advisable to book as soon as possible because the places are limited. Please fill in the attached application form and send it to along with a deposit of **£100** payable to "The Art of Living Foundation UK South". Balance payable on arrival*

**Applications, cheques and queries to be addressed to:**

Rebecca Brain,

48 High Street, Shrivenham, Oxon, SN6 8AA

Tel: 07843 050073, Email: [rebeccabrain@rocketmail.com](mailto:rebeccabrain@rocketmail.com)

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