

Yoga

OUR INSPIRATION



THE DEVON
SCHOOL
OF YOGA

Courses, Workshops, Classes, Retreats, Festival & Sangha. 2020-2021.

Welcome to the Devon School of Yoga

"We desire that you live up to your full potential, for only then will you experience both harmony and happiness. Only then will you possess real health, not just freedom from disease."

FROM 'YOGA - A WAY OF LIFE' BY DR. B. PADMANABHA PILLAI.

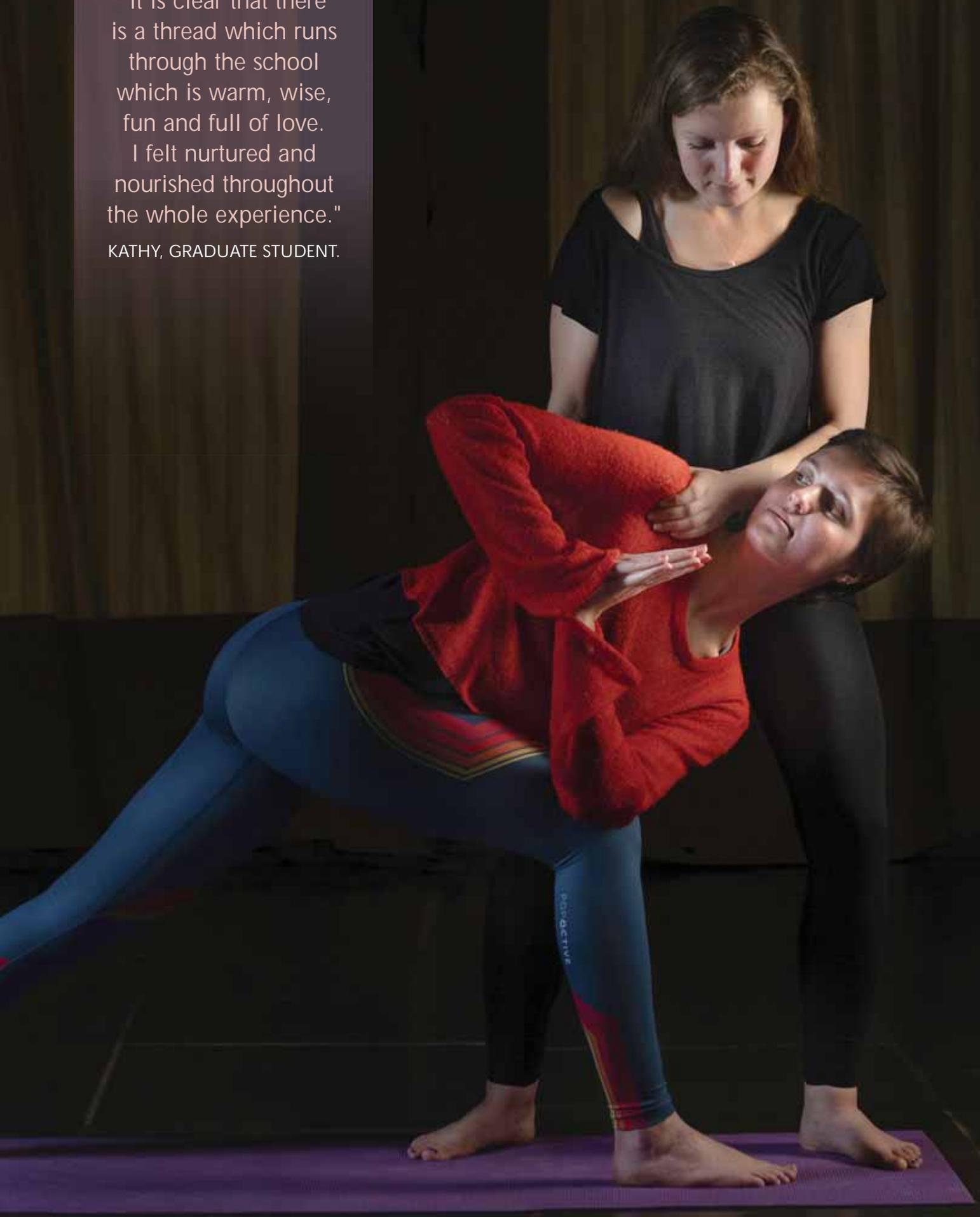


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"It is clear that there is a thread which runs through the school which is warm, wise, fun and full of love. I felt nurtured and nourished throughout the whole experience."

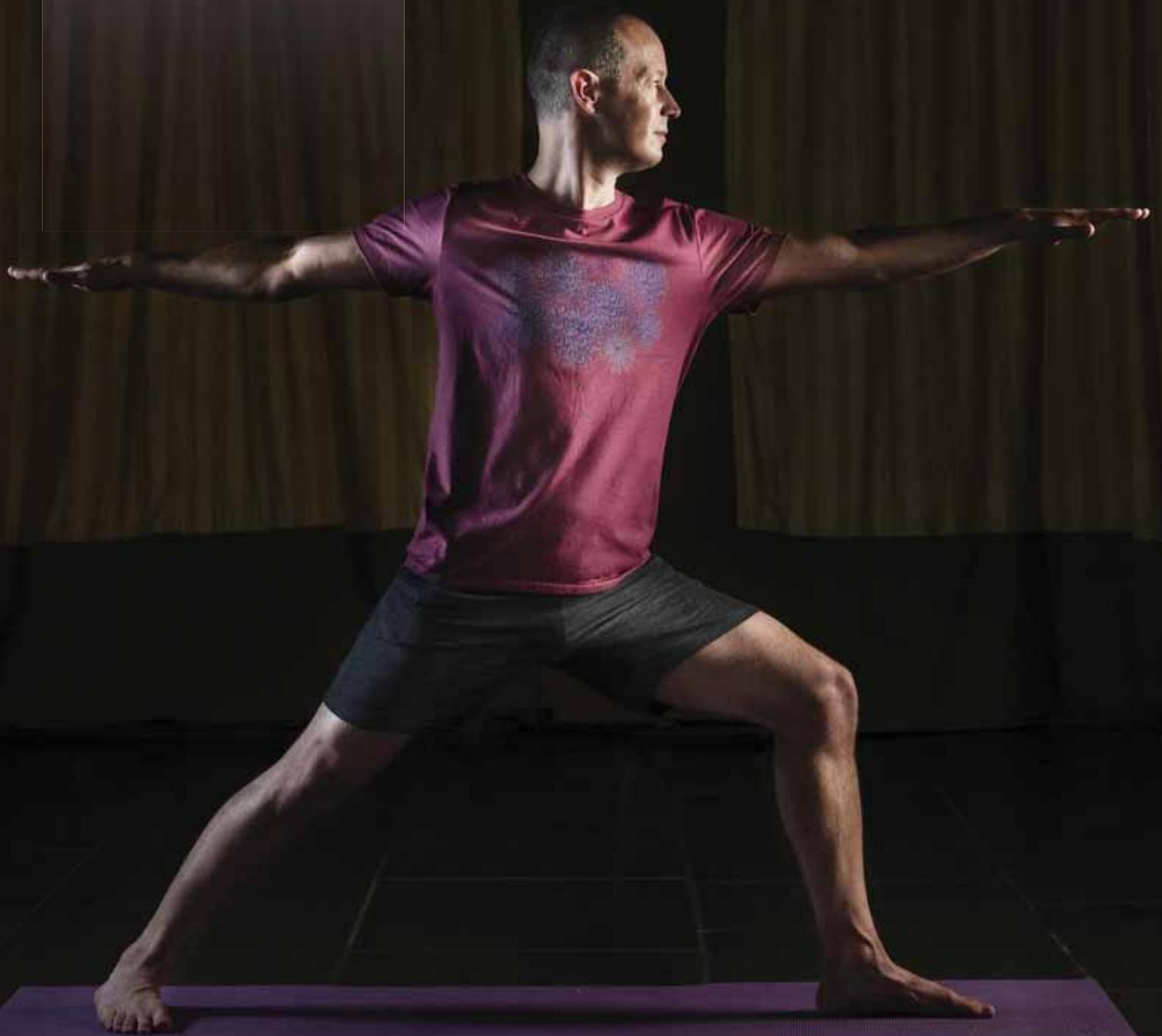
KATHY, GRADUATE STUDENT.





"I thoroughly enjoyed the Foundation Course and feel it has enriched me in so many ways."

ALI, FOUNDATION COURSE GRADUATE.



The holistic practice of yoga

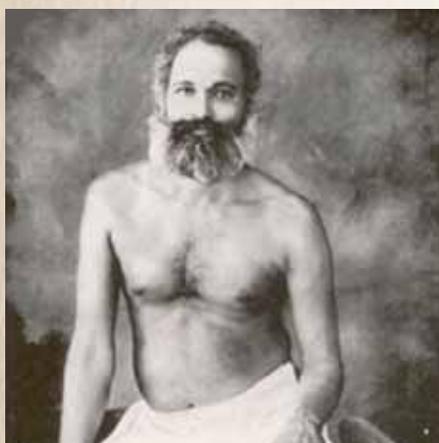
Yoga is a system of physical, mental and spiritual development. It is not a religion and can be practised by anyone irrespective of age or sex.

Yoga acknowledges differences in culture, religion, mental and physical health.

The effects of yoga practice are both curative and preventative and will be reflected not only in the body but also the mind and spirit.

The word yoga means 'union' or 'joining', thus the numerous practices aim to integrate all the various aspects of one's being (the physical, mental and spiritual).

The yoga methods are a multi-dimensional approach, incorporating physical exercises, breathing techniques, diet, massage, relaxation, meditation and philosophy.



Our School

The Devon School of Yoga (DSY), was established in 1989 by Duncan Hulin and brings together classes, workshops, retreats and courses, covering all aspects of the subject. Set in carefully considered studios and locations around Devon, the ideal surroundings are provided for yoga practice, study and contemplation.

The school teaches a holistic approach to yoga. As well as coming from an eclectic base, its core practises are based on the Dr. Pillai system of kriyas, pranayama and meditation, and its spiritual energy source comes through Swami Sivananda Paramahansa (of Kerala, South India).

THE AIMS OF THE SCHOOL ARE:

1. To provide the foundations on which individuals can improve and maintain their physical, mental and spiritual well-being.
2. To train individuals to become inspired competent yoga teachers and to use specific yoga methods as a complementary therapy to help others.

3. To increase personal and public awareness of natural ways of living, eating and healing, enabling individuals to assume more responsibility for their own health.

PHILOSOPHY OF THE SCHOOL:

"Yoga - a way of life" sums up the school's philosophy. The foundations of the school's broad-based approach are grounded in the practise of Hatha and Raja-Yoga.

KEY POINTS IN SUMMARY:

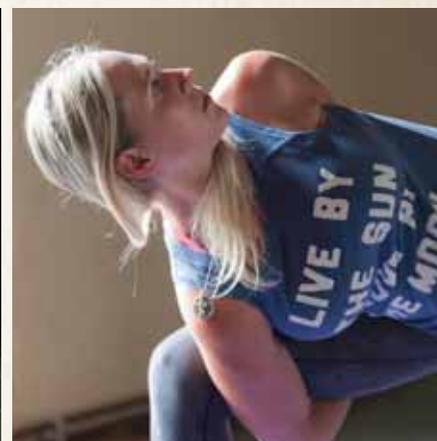
- The ultimate guru is the universal guru within oneself.
- Responsibility for developing health and happiness lies with each individual.
- Many yoga paths are studied so an intuitive educated choice can be made as to which main path to follow, backed up by the other paths.
- By purifying our bodies and minds through posture and breath, consciousness can expand to widen our perspective of life. Awareness will come naturally to purify our immediate and global environment and to live in harmony with nature and our fellow human beings.

The Foundation Course

INTRODUCING THE SCHOOL'S APPROACH TO YOGA

THIS 10 DAY COURSE, spread over five monthly weekends of which two are full board residential (included in the course fee), is aimed at yoga students who wish to deepen their practice, knowledge and experience with the Devon School of Yoga.

The course offers a broad base of practices from which yoga students can enrich and develop their yoga life skills. It is also a prerequisite for the Teacher Training Course (if the other requirements are not met). The course is 68 taught hours and comprehensive course manuals are provided.



AREAS OF STUDY INCLUDE:

- Preliminary exercises
- Kriyas: exercises to cleanse and purify the internal organs and to strengthen the immune system using breath and bandha only
- Pranayama: breathing exercises to retain and extend the flow of vital energy
- Relaxation techniques
- Basic meditations
- Mudras and Bandhas: psycho-physical processes acting on the nervous and subtle energy system
- Introduction to Subtle Anatomy: Chakras, Koshas, Nadi's, theoretical and practical understanding
- Basic Anatomy and Physiology
- Yoga Philosophy: Patanjali Yoga Sutra, Ashtanga (eightfold path), Klesha and introduction to classical texts
- Mantra: chanting sound vibrations
- Dietary guidelines: Ayurvedic and naturopathic approaches
- Two comprehensive course manuals provided

COURSE DATES 2020: FULLY BOOKED

COURSE DATES 2021: (5 WEEKENDS)

February 6-7, March 5-7 (Residential),
March 27-28, April 24-25, May 14-16 (Residential).

The 2021 course tuition fees total £700 (this includes the £400 deposit) for 10 days of tuition. The full board residential fees total £480 (residential fees include 4 nights full board accommodation over two long weekends of Friday to Sunday and includes all meals and drinks from arrival to departure). Thus, the overall course fee total is: £1180.

COURSE DATES 2022: (5 WEEKENDS)

February 5-6, March 4-6 (Residential),
March 26-27, April 23-24, May 13-15 (Residential).
The 2022 course fees are to be confirmed.

Other than no absolute beginners, there are no prerequisites for the course beyond enthusiasm and commitment for self-growth and enhancing awareness. For enrolment information, please see page 12.



"Gratitude and thanks
to everyone at the DSY.
The combination of teachers,
subjects and venues really
did make it a life changing
experience."

TONY, FOUNDATION COURSE
GRADUATE.



The Teacher Training Course

BROADENING STUDENTS PRACTICE AND KNOWLEDGE OF YOGA
ACQUIRING THE SPECIFIC SKILLS AND CONFIDENCE TO TEACH



"Thanks for everything so far.
I'm absolutely loving the course and wishing
I'd had the confidence to do it years ago!"

CARRIE, TTC CURRENT STUDENT.

"The course was wonderful and fully met
my expectations and much more."

ALISON, TTC GRADUATE.

This two year course focuses on the skills required to teach yoga in a safe, informed and inspiring way. This is achieved through gaining deeper knowledge and practical experience in a safe and nurturing environment. With heightened self awareness, confidence will grow enabling knowledge to be intuitively shared.



AREAS OF STUDY INCLUDE:

- Preliminary exercises
- Asanas: yoga postures
- Kriyas: exercises to cleanse and purify the internal organs and to strengthen the immune system using breath and bandha only
- Pranayama: breathing exercises to retain and extend the flow of vital energy
- Relaxation techniques
- Meditations
- Mudras and Bandhas: psycho-physical processes acting on the nervous and subtle energy systems
- Anatomy and Physiology
- Subtle Anatomy: Chakras, Koshas, Nadi's, theoretical and practical understanding
- Yoga Philosophy: Yoga Sutra, Samkhya, Vedanta, Hatha Yoga Pradipika, Upanishads and Bhagavad Gita
- Mantra: chanting sound vibrations
- Dietary guidelines: Ayurvedic and naturopathic approaches
- Teaching skills and practice
- Hands-on guidance
- Guidelines for setting up classes and courses
- Pathology of specific health conditions helped by yoga
- Listening skills
- Swara Yoga
- Introduction to yoga for pregnancy
- Introduction to yoga therapy
- Yoga Nidra
- Nada Yoga
- Self-Massage techniques, basic Shiatsu skills and introduction to DSY yoga bodywork
- A yoga business – practicalities and publicity
- Comprehensive course manuals provided

On meeting the prerequisites, students can join the course which comprises 44 days of practice and study held over 20 weekends in Devon, three of which (10 days in total) are long weekend residentials (and are included in the course fee). Comprehensive course manuals are provided.

The course is 284 taught hours over 20 monthly weekends, plus home and external study and practice, leading to 500 hour status with The Yoga Register. The prerequisites for joining the course are: Two or more years of regular practice including classes, workshops, retreat attendance and/ or completion of the School's (or another school's) Yoga Foundation Course.

COURSE DATES 2020 - 2022 (20 WEEKENDS)

YEAR ONE 2020

Sept 12-13, Oct 1-4 (Res), Oct 31 - Nov 1, Dec 5-6
2021 Jan 16-17, Feb 6-7, Mar 6-7, April 10-11,
 May 8-9, June 12-13, July 24-25

YEAR TWO 2021

Sept 4-5, Sept 30-Oct 3 (Res), Oct 30-31, Nov 27-28
2022 Jan 8-9, Feb 12-13, March 19-20, April 27-
 May 1 (Res), June 4-5

On successful completion of the two years, the Devon School of Yoga Teacher Training Diploma is awarded. The diploma is recognised by the Independent Yoga Network and the Yoga Register. Professional insurance cover is available on merit, so students may begin limited teaching during the course.

Training course tuition fees total £3080 (this includes the £1500 deposit) for 44 days of tuition. The full board residential fees total £1200 (residential fees include 10 nights full board accommodation over two long weekends of Thursday to Sunday and one long weekend of Wednesday to Sunday and includes all meals and drinks from arrival to departure). Thus, the overall course fee total is: £4280. For enrolment information, please see page 12.



The postgraduate yoga therapy course

Empowering the confidence and spirit through:
YOGA THERAPY • DEEPENING SPIRITUAL PRACTICE

TRANSFORMATIVE AND INSPIRING, this holistic and eclectic course offers a broad and deep base of academic, practical and experiential studies. Qualified, self-motivated yoga teachers from any tradition, who want to evolve and integrate the diversity of their life experience into a therapeutic practice are invited to apply.

This 250 hour yoga registered course includes 158 taught hours held over 25 dates (12 weekends of which one is a Thursday to Sunday long weekend residential) plus home study and practice.



AREAS OF STUDY INCLUDE:

- Yoga as a spiritual practice
- Yoga therapy techniques
- Developing one to one assessment skills
- Developing professionalism and therapeutic relationship
- Hands on bodywork using Ayurvedic, Shiatsu and DSY yoga bodywork skills
- Supportive anatomy, physiology and pathology related to specific health conditions
- Study of mental/emotional health and illness to understand emotions
- Study of pain and pain management
- Reproductive health
- Study and practical use of subtle energetic models
- Developing intuition and deepening personal practice
- Kriyas, Pranayama, Meditation and Mantra Yoga
- Comprehensive course manual provided

COURSE DATES 2020-2022

YEAR ONE 2020

Oct 10-11, Oct 31 - Nov 1, Nov 28-29

2021 Jan 16-17, Mar 20-21, May 8-9, July 3-4

YEAR TWO 2021

Sept 23-26 (Residential), Nov 20-21

2022 Jan 29-30, March 19-20, May 7-8

Training course tuition fees total £2000 (this includes the £1000 deposit) for 25 days of tuition. The full board residential fees total £360 (residential fees include three nights full board accommodation over one long Thursday to Sunday weekend and includes all meals and drinks from arrival to departure). Thus, the overall course fee total is: £2360.

On successful completion of the course including practical and theoretical course work, the DSY Postgraduate Yoga Therapy qualification is awarded. The qualification is recognised by The Independent Yoga Network and The Yoga Register with full insurance available to work as a yoga therapist.

Course syllabus and enrolment forms are available on request at info@devonyoga.com or can be downloaded from the Devon School of Yoga website. For enrolment information, please see page 12.



"Another fantastic weekend - really loving the wide range of subjects, teaching styles and expanding knowledge."

SARENA, CURRENT TTC STUDENT.



Pre and Post Natal Yoga Teacher Training

This 75 hour course is an holistic approach to pregnancy specific yoga teacher training. We aim to empower the yoga teacher to safely and consciously support women throughout their pregnancy using yogic philosophy to help guide an appropriate practice and attitude towards the transformative experience of pregnancy, birth and motherhood.

Course content includes:

- Modifications of asana for pregnancy.
- Philosophical and psychological understanding of pregnancy from a yogic perspective.
- Pranayama and sound practices.
- Tools for positive birth outcomes.
- Relieving pregnancy related symptoms.
- Overview of anatomy and physiology through the 3 trimesters.
- Postnatal recovery yoga therapy.
- Relaxation and yoga nidra.

This ten day course will run over five months from the spring of 2021 (dates and course fees to be confirmed). If you're interested in this course, you can email the school for further information at: info@devonyoga.com



Our Venues

To enable accessibility to our programme, we utilise venues across the county. Please check our website www.devonyoga.com for directions or alternatively contact us for a paper copy.

The Training Courses Venues

Non-residential weekend venues

DEREKTHEDOG, YOGA CENTRE, EXETER.

The Teacher Training and Advanced Teacher Training non-residential weekends take place at Derekthedog yoga centre in Exeter, Devon. Derekthedog is a cosy, top floor yoga studio situated in the heart of the city centre. The studio is fully equipped and provides a perfect environment to delve deeply into the teachings of yoga. The location of the yoga centre is central for travel connections, bed and breakfasts, health food shops and vegetarian restaurants.

THE LOTUS LOFT, YOGA STUDIO, EXETER.

The Foundation and Postgraduate Yoga Therapy non-residential weekends, as well as workshops and classes, take place at The Lotus Loft. The Lotus Loft is a fully equipped yoga studio situated right in the heart of the city of Exeter, next to the Barnfield Theatre and close to travel connections, bed and breakfasts, health food shops and vegetarian restaurants.

Residential venues

COOMBE FARM, RESIDENTIAL CENTRE, NR TIVERTON.

Coombe Farm is the main residential centre for the courses. Coombe is a 16th Century farmhouse with a large cider press barn for the yoga practice. The accommodation is warm and friendly. There is a hot tub and 400 acres of organic woodland all set in its own valley where the peace of nature prevails.

RILL ESTATE RESIDENTIAL CENTRE, NR BUCKFASTLEIGH.

The Rill Estate is the venue for the schools open residential weekends and the Devon Yoga Festival. Spacious contemporary facilities are surrounded by rolling Devon countryside with private woodland, the River Dart and a hot tub to sooth any over stretched muscles.

BASUNTI, NORTH INDIA RETREAT VENUE

Basunti is an idyllic private retreat centre set on a promontory in a nature reserve nestling in the foothills of the great Indian Himalaya.



Workshop Venues

Yoga Torquay, The Studio. Park Lane, Torquay.
www.yogatorquay.co.uk

Dorchester Yoga and Therapy Centre, Dorchester, Dorset. www.dorchesteryoga.co.uk

BeKarma Yoga Studio, Penryn, Cornwall.
www.bekarmayoga.uk

Elm Yoga, St Austell, Cornwall. www.elmyoga.co.uk

The Yoga Barn, Ilfracombe, North Devon.

www.breathingyoga.co.uk

These are all excellent, fully equipped yoga venues which are all owned and run by DSY graduates.

Classes Venues

THE LOTUS LOFT YOGA STUDIO AND DEREKTHEDOG YOGA CENTRE.

Situated in the heart of Exeter, these studios provide a perfect ambient oasis for yoga.

Enrolment Information



FOUNDATION COURSES AND TEACHER TRAINING COURSES

FULL ATTENDANCE IS EXPECTED. To book a place on any of the courses, please contact the school for further details and an enrolment form or alternatively visit the Devon School of Yoga website.

The enrolment form, which can also be downloaded from the website should be filled in and sent back with your deposit:

Deposit for 2021 Foundation Course: £400

Deposit for 2020-2022 Teacher Training Course: £1500

Deposit for 2020-2022 Yoga Therapy Course: £1000

Payment of the deposit secures your place on the course. All deposits must be paid in full. **The deposit is non-transferable and non-refundable**, unless the course is cancelled by the School in which case a full refund will be given. **All course fees must be settled prior to the start of the course.**

ADDITIONAL NOTES FOR ALL COURSES

A copy of the syllabus for each course is available on request. Both syllabus and enrolment forms can also be downloaded from www.devonyoga.com.

All course work and assessments must be completed to an acceptable standard before qualifications are awarded. All admission requirements and student selection processes are designed to be congruent with The Yoga Register guidelines.

WORKSHOPS

To book a place on a workshop, please send the full payment or deposit either by bank transfer or by cheque along with your contact details, workshop name and dates. For bank transfers, please email the school for further information at info@devonyoga.com, for cheques, please make them payable to 'Devon School of Yoga Limited' and post to the address provided on the back page of this prospectus.

The payment is **non-refundable**, unless the workshop is cancelled by the school, in which case, a full refund is given.

Please note, some of the workshops are booked directly with the venues where the workshop is being held, in which case contact them directly.

RETREATS

To book a place on a retreat, please contact the school for further details and a booking form, or download them from www.devonyoga.com. The booking form should be filled in and sent back with your deposit/full payment. Prices are given on page 17. Details of payment are given on the form. Any deposit/full payment is **non-refundable**, unless the retreat is cancelled by the school, in which case, a full refund is given.

We accept bank transfer payments and standing orders. We also accept cheques made payable to 'Devon School of Yoga Limited'. Sorry, we do not accept payment by credit or debit cards.

WORKSHOPS 2020-2021

DATE	TIME	TEACHER	TITLE & DESCRIPTION	LOCATION	PRICE
FEB 22ND 2020	Saturday 10.30am -12.30pm	DSY Yoga Therapy Course Tutors	Q&A Open Morning <i>For more information about the postgraduate yoga therapy course and to meet the teachers and discover the venue. (2hrs).</i>	The Lotus Loft, Exeter, Devon.	FREE Those attending need to be present for the whole 2 hours.
MAY 31ST 2020	Sunday 10.00am -4.30pm	Duncan Hulin	Holistic Yoga Workshop <i>Including: Breath only kriyas, asana, shavasana, satsang, miscellaneous practices and pranayama.</i>	Yoga Torquay The Studio. Park Lane, Torquay.	To book a place, contact: yogatorquay.co.uk or email: info@yogatorquay.co.uk
JUN 20TH	Saturday 11.00am -6.00pm	Duncan Hulin	Holistic Yoga Workshop <i>Including: Breath only kriyas, asana, shavasana, satsang, miscellaneous practices and pranayama.</i>	The Yoga Barn	To book a place, contact: www.breathingyoga.co.uk
JAN 24TH 2021	Sunday 10.00am -1.30pm	Duncan Hulin	Postgraduate Workshop 2021 - Ongoing enquiry <i>Including: Breath only kriyas, asana, pranayama, savasana plus other miscellaneous practices and space to reconnect and network.</i>	Derekthedog Yoga Studio, Central Exeter.	£30, To book a place, contact: info@devonyoga.com

WEEKLY CLASSES 2020

"Be yourself, to express yourself" - Duncan Hulin.

Weekly classes taught by the school's principle, Duncan Hulin.

DAY	TIME	TEACHER	CLASS TYPE	LOCATION	PRICE
Tues	10 - 11.30am	Duncan Hulin	Holistic Yoga	Derekthedog Yoga Studio, Exeter.	£9
Tues	6.30 - 8.30pm	Duncan Hulin	Focussed, including Asana and Pranayama	The Lotus Loft Yoga Centre, Exeter.	£12

For further information on yoga classes and workshops, please visit: www.devonyoga.com

Workshops are open to yoga practitioners/teachers from any tradition. For further information about any of these workshops, please contact the Devon School of Yoga office.

For a comprehensive list of practising Devon School of Yoga graduate teachers and for further information on general classes and workshops, please see the graduate teachers' directory at www.devonyoga.com



Our Teachers

DUNCAN HULIN. (IYC, YRT, Dip SHI)

Duncan is the principal teacher, founder and director of the Devon School of Yoga and the Devon Yoga Festival. He is a practising yoga Teacher/Therapist and Shiatsu Practitioner. Duncan healed himself of asthma using yoga therapy and has now been practising yoga for over 40 years and teaching for the past 35 years. In the early eighties he spent three consecutive winters in South India studying with the late Dr. B. P. Pillai, former director of the Government recognised Yoga Therapy Foundation, Kerala. Duncan brings a wealth of experience to his holistic yoga teaching. He has worked with teenage students with learning difficulties and has led practical stress management programmes in schools. He also teaches weekly classes, including for major corporations. He is a founder member of The Independent Yoga Network.

JAMES RUSSELL. (BA, Dip DSY, Dip DSY YTH, Dip YE)

James teaches a holistic approach to yoga. He has been practising yoga for two decades and teaching yoga for twelve years. James trained in India, Nepal and the UK. In India, he studied at Yoga Vidya Gurukul (YVG) and in the UK with the Devon School of Yoga (DSY). James has completed two teaching diplomas. He also holds a certificate in Advanced Yoga Studies from YVG and a postgraduate diploma in Yoga Therapy from the DSY. James has trained with senior and respected Yogacharyas, including Srivatsa Ramaswami and Sri Vishwas Mandlik. His principal teacher is Duncan Hulin with whom he has studied regularly for the past eighteen years. James is a member of the Independent Yoga Network and the co-founder of Yoga Torquay - a new, holistic yoga studio in the centre of Torquay.

ANDREA DURANT.

Andrea trained at the Royal Ballet School and danced as principle with major companies. She studied yoga, acupuncture and counselling in the 80's and ran her own practice in London. She started teaching yoga in 1990, trained with the BWY and ran workshops, retreats, taught children, adults living with HIV and Aids and on the Yoga Campus Teacher Trainings. Her yoga influences have come from Iyengar, Satyananda, Kundalini and Ashtanga. At present, she is working in the community as an enabler for adults with learning difficulties as-well-as studying for an MA in Mindfulness at Exeter University.



VIRGINIA COMPTON. (Dip DSY, DIP DSY YTH)

Virginia teaches Ayurveda on the DSY postgraduate yoga therapy course. She is inspired by holistic yoga and runs her own retreats.

JULIANA HOPKINS. MBACP (SNR. ACCRED) (Dip DSY)

Juliana teaches Western psychological approaches and how they overlap with yoga psychology on the DSY postgraduate yoga therapy course.

BARRY ELMS. (MA, DipDSY, DipYTH)

Barry is an IYN 1000hr Yoga Register Teacher. His specialist subjects are yoga history and philosophy, yoga therapy, chi kung and kirtan (chanting). Barry trained with: the Devon School of Yoga (holistic yoga), the Yoga Biomedical Trust (yoga therapy), Birthlight (pregnancy/postnatal yoga), the University of Wales Trinity St. David (yoga history and philosophy) and Tai Chi Nation (chi kung).

KEITH BELLIS. (Bsc.Sci.(hons.) Sports Science, Dip SHI)

Keith has worked as a sports scientist and shiatsu therapist in several locations including a physical rehabilitation centre as part of a team of chiropractors, occupational therapists and physiotherapists and Nuffield hospital as part of their physiotherapy department. He now concentrates on teaching anatomy and physiology to the Devon School of Yoga; the International School of Macrobiotics and Exeter College of Further Education. He has an enthusiasm and wonder for understanding the marvels of the human body and integrating concepts from complementary therapy and mainstream medicine.

SALLY ORNELLAS. (Dip DSY, Dip OT, Dip DSS)

As a yoga teacher and shiatsu practitioner in North Devon, Sally focuses on connections between body, heart and mind. She currently works as a psychological therapist within the NHS, teaching Mindfulness to people with depression.

HELEN HUMBLE. (Dip DSY, Dip YHT Biomedical Trust, Dip Med)

Helen teaches yoga and yoga therapy. She has a background of working in the NHS as a district nurse. She is a Shiatsu practitioner and is a qualified teacher of meditation with the Dent Meditation Centre. Helen is currently studying with Birthlight and T-R-E to complement an integrated approach to holistic health.



JAY KIPLING. (Dip DSY YTH)

Jay came to yoga after a lifetime of back pain from scoliosis and stress. She trained in holistic yoga with Radiantly Alive in Bali and in Ashtanga in Jamaica. She completed her yoga therapy post-graduate qualification with the Devon School of Yoga. She runs Yoga Antigua in the West Indies. Her classes and practice are coloured by her background in communications; a spirit of inquiry, possibility, challenge and warmth.

ALICE CHAPMAN. (Dip DSY YTH, BA, DipYE)

Alice originally trained in India and has been teaching since 2008. She has been a practicing yoga therapist since 2010 with further qualifications in pre and postnatal yoga and women's health. Alice 's approach to yoga is informed by her long-term practice of vipassana meditation as taught by SN Goenka. Alice is co-founder of Yoga Torquay.

JULES YOUNT. (Dip DSY, MM, MMus)

Jules came to yoga from a background in the Bujinkan Martial Arts where she trained throughout the UK, Europe, America and Japan. She completed a yoga foundation course with the British Wheel of Yoga, qualified as a yoga teacher with the Devon School of Yoga, is a Level 1 Acroyoga.org teacher and a recent graduate of VanCity Acro. She worked in the Complementary Medicine unit of the Peninsula Medical School for 12 years and now works in the DSY office as PA to Duncan Hulin. Jules teaches on the school's Foundation and Teacher training courses and is an integral member of the Devon Yoga Festival organising team.

ANDREA GUEST. (Dip DSY, YRT)

Andrea has been practising yoga for over fifteen years and qualified with the DSY in 2005. She has experienced a variety of different styles and has an holistic and eclectic approach.

Shiatsu and DSY Yoga Bodywork.

SHIATSU AND DSY YOGA BODYWORK

Shiatsu and DSY Yoga Bodywork are both a clothes-on form of massage using acupressure, stretching, manipulation, postural alignment and palm healing to relax and stimulate the body's energy channels (meridians). This improves circulation, flexibility and posture promoting one's own innate self-healing abilities to prevent disease and restore vitality. The treatment relaxes and rejuvenates the body/mind and is particularly helpful to yoga students, improving suppleness, releasing deep tensions and inducing a meditative level of consciousness.

For appointments with Duncan Hulín, call 01392 420573 or email info@devonyoga.com

Sangha and Kirtans.

SPRING KIRTAN MANTRA CHANTING

Saturday 18 April. 6:30-8:30pm.

Venue: To be confirmed.

SUMMER SANGHA

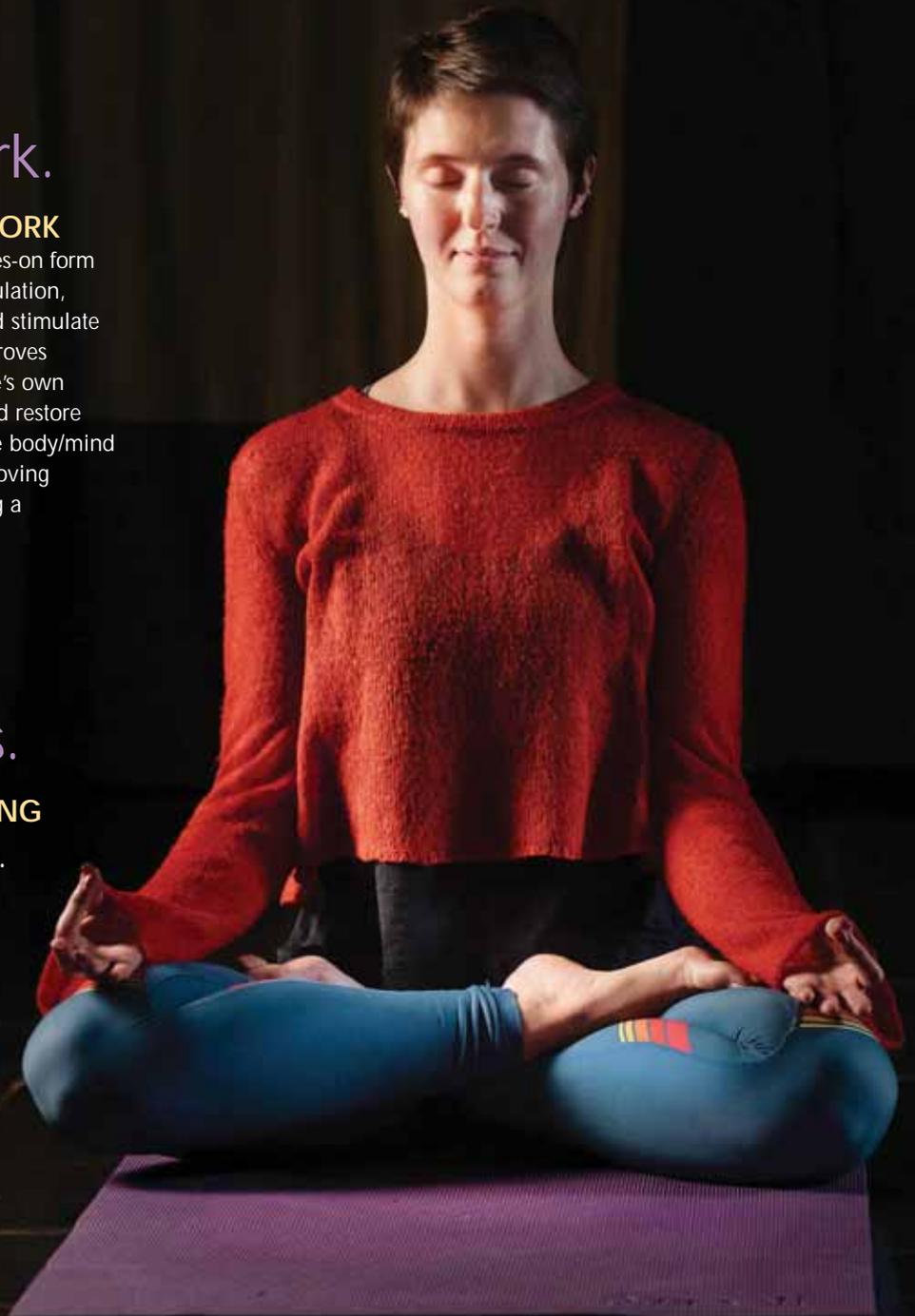
Friday 5 June. 6:30-8:30pm.

Derekthedog Yoga Studio.

AUTUMN KIRTAN MANTRA CHANTING

Saturday 14 Nov. 6:30-8:30pm.

Venue: To be confirmed.



The Devon Yoga Festival.

17 - 19 July 2020 Rill Estate, Buckfastleigh.

- A choice of over 30 workshops over three days
- A variety of yoga styles • Early morning silent meditation practice • Evening Kirtan (chanting)
- Delicious vegetarian cuisine
- Residential and non-residential tickets

For more information please visit www.devonyogafestival.co.uk or call 01392 420573.

Email: info@devonyogafestival.co.uk



Retreats 2020-21

Holistic Yoga Autumn Retreat with Duncan Hulin and Andrea Guest. 6-8 November 2020.

3pm Fri to 3pm Sun (2 nights) £330.

Experience a weekend of yoga, pranayama and meditation with time to relax and enjoy the beautiful surrounding countryside at Rill Estate near Buckfastleigh, South Devon. Delicious and nourishing vegetarian cuisine, spacious light studio and hot tub. (NOTE - the price for the residential includes accommodation, all food and drinks, three yoga sessions per day, evening kirtan (chanting) on Saturday and use of hot tub). Contact: info@devonyoga.com

NEW Pyrenees Yoga & Hiking Holiday With Duncan Hulin & Steve Bateman. 3-10 July 2020.

7 nights full board (including all vegetarian meals and hot drinks). Price £995.

Experience a week of yoga and hiking while enjoying the amazing landscapes of the French Pyrenees. Includes: 7 nights full board (including all vegetarian meals and hot drinks); airport or train transfer to/from Biarritz; all guided hikes; transportation to and from all hikes starting and finishing points; ten yoga classes. Contact: info@devonyoga.com



North India Spring Retreat at the unique Basunti Private Retreat Centre with Duncan Hulin and Andrea Guest. 23 March - 8 April, 2021.



Basunti is an idyllic private retreat centre set on a promontory in a nature reserve nestling in the foothills of the great Indian Himalaya. Full yoga programme. Plus enjoy time to relax by the pool or on your private veranda, walking or swimming in the lake.

This 15 day retreat is inclusive of flights from the UK and transfers in India, accommodation, all meals and drinks, three daily yoga classes (most days) in the thatched yoga shala or on the roof top for sunrises and sunsets and a weekend away to McLeod Gange (home of the Dalai Lama) and a final day in Amritsar to visit The Golden Temple. There can also be optional day trips. Departure from Birmingham. All inclusive price, to be confirmed. Contact: info@devonyoga.com



"Thank you so much for everything. It was a truly magical time packed with so much knowledge, enthusiasm, warmth. I feel I have made a tiny step forward in understanding this vast subject and practice."

SUE, FC GRADUATE.



THE DEVON
SCHOOL
OF YOGA

Devon School of Yoga Ltd, 4 Barnfield Hill, St Leonards, Exeter, Devon EX1 1SR
Telephone: 01392 420573 Email: info@devonyoga.com www.devonyoga.com