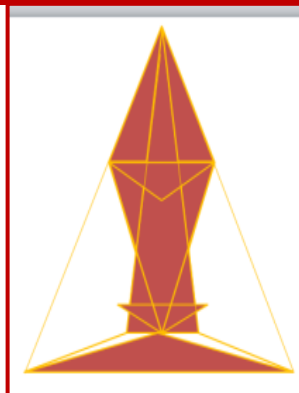




**Workshops and Holiday Breaks at the
International Martial Arts, Yoga and Meditation
Knowledge Centre at Inner Peace Forest Retreat
in Monchique, Algarve Portugal**



Yoga Teacher Training Retreats

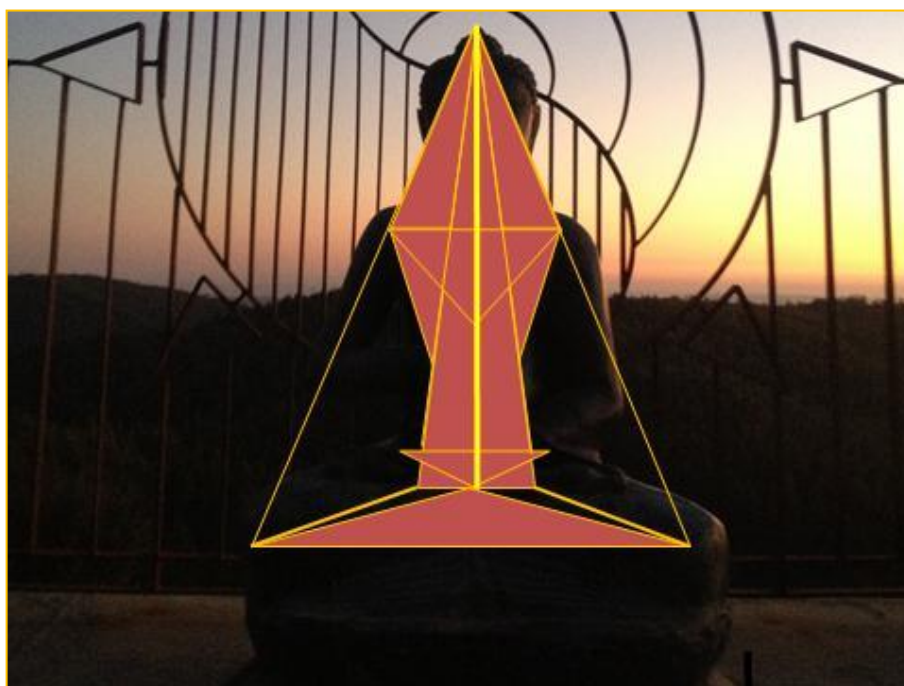
ERASMUS Yoga Programme for Educators:

March 17th - 23rd	The Movement of Becoming
June 16th - 22nd	Fullness of Being
September 15th - 21st	Absorption into Gravity
December 16th - 22nd	The Emptiness of Nothingness – Shamanic System

Yoga in Education Service

Jonathan Bergius, Gordon Sillence and Stella Rose from the **Inner Peace Forest School Support System** offer educators residential yoga weekends, week long and summer camps at the Inner Peace Forest Retreat. Should you wish learn how to practice, teach and implement yoga programmes in your educational institute you can take part in our modular on site and online training programmes. We run quarterly retreats to improve your knowledge, practice and teaching of yoga, mindfulness and meditation to support your personal teaching role, giving you the tools and techniques of the **unique diamond body torus flow hatha yoga self-improvement programme**, linked to the **pedagogy of metabhavana** – loving kindness –so you can develop the very best educational environment for your students and pupils through the application of genuine yoga and its use in modern times.

The skills learned in the retreat provide the basis genuine lifestyle lived mindfulness and sustained by meditation yoga practice. Small-sessions (6-12 people) experience personal practice with Gordon Lee Sillence. who will share you a deep understanding insight into, its methods application to modern and your life path in particular. Participants take away a complete life changing personal



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practice that will be tailored to your physical, mental and emotional needs, enough to give each one their Way through yoga.

ERASMUS TEACHER TRAINING Retreats

Movement, Mindfulness and Meditation in Hatha Yoga

Yoga Teaching Skills for Educators

SAMPLE TIME-TABLE

PLEASE NOTE THE MORNINGS HAVE GUIDED PRACTICE AND THE AFTERNOONS HAVE LECTURES DISCUSSION AND STUDY TIME WITH SPACE FOR FOR PERSONAL PRACTICE OR EXCURSIONS.

BREAKFAST AND LUNCH ARE PROVIDED - EVENING MEALS ARE OPTIONAL.

SADHANA (active practice)

FRIDAY 17TH

Arrival and Acclimatization

EVENING CLOSE OF DAY INTRODUCTIONS & MEDITATION 8.00pm

Final Meal before optional fasting

SAT 18TH

7.30am Sunrise meditation 08.00am Pranayama practice 9.00 am Asana practice

11.00 - 13hrs Introducing Asana Geometry and Torus Flow Physics for practicing and teaching yoga.

13.00 -15.00hrs Lunch

15.00 – 18.00hrs TEACHER TRAINING IN MINDFULNESS AND POSITIVE PSYCHOLOGY

EVENING CLOSE OF DAY MEDITATION 8.00pm

Optional: Juice/Water/Brown Rice Day

SUN 19th

6.30am Sunrise meditation 0

7.00am Pranayama practice 8.00 am Asana Practice

Water/Brown Rice

11 .00 - 13 hrs Asana Geometry, Torus Flow - Linking Iyengar Yoga and Tai Chi Chuan for Teaching Posture, Movement and Breathing

13.00 -15.00hrs Lunch

15.00 – 18.00hrs TEACHER TRAINING IN MINDFULNESS AND POSITIVE PSYCHOLOGY

Optional: Water/Rice Day

MON 20th

6.00am Sunrise meditation 07.00am Pranayama practice 8.00 am Asana Practice

11 .00 - 13 hrs Yoga as a Maintenance and Tuning System for The Human Being - The 13 - 20 Body Mapping System; Principles of Natural Movement – Torus Flow; Understanding Ancient Yoga Physiology through Modern Scientific Knowledge – the 5 Sheaths of the Yoga Body and our 13 Anatomical Body Systems.

13.00 -15.00hrs Lunch

15.00 – 18.00hrs TEACHER TRAINING IN MINDFULNESS AND POSITIVE PSYCHOLOGY

EVENING CLOSE OF DAY MEDITATION 8.00pm

Optional: Water/Brown Rice Day

TUES 21st OPEN DAY OF RETREAT

Morning Walk to Picos

Break Fast

11 .00 - 13 hrs Asana Geometry, Torus Flow 1 hour movement to stillness Equinox Surya Namaskar to Meditation

13.00 -15.00hrs Lunch

15.00 – 18.00hrs TEACHER TRAINING IN MINDFULNESS AND POSITIVE PSYCHOLOGY

6.00pm onwards SUNSET BEACH PRACTICE and PICNIC

WED 22nd

6.00am Sunrise meditation 07.00am Pranayama practice 8.00 am Asana practice

11 .00 - 13 hrs Preparing Programmes to Teach Yoga Asana Geometry and Torus Flow Pranayama Breathing.

13.00 -15.00hrs Lunch

15.00 – 18.00hrs TEACHER TRAINING IN MINDFULNESS AND POSITIVE PSYCHOLOGY

6.00 PM Onwards Outdoor Fire/Mountain View Sunset (depending on season)

THURS 23rd

6.00am Sunrise meditation 07.00am Pranayama practice 8.00 am Asana Practice

DEPARTURES

ABYASA (passive restraint) PREPARATION FAST (optional)

1 day Juice fast

3 days Water Fast

3 days Brown Rice Fast



The Place - The Inner Peace Forest Retreat



A



Mountain and the Europe – the retreat is

retreat situated in a remote off road hill forest in Monchique Southern Portugal.

Secluded Natural Paradise Farm with Panoramic Views between the Sea on the most Southwest Tip of

centred on a restored 5 hectare farmhouse



Consists of Main retreat house with its own natural spring water and solar power, 4 double bedrooms with futon beds, 2 @ 8m x 5m Balconies with a 13-20 *Mayan Tzolkin* Calendar and *Yoga Astanga/Buddhist Eightfold* path psychotherapeutic, MMA training mosaics), olive grove and lemon tree campsite for 6 tents, sauna, 100 sq m Outdoor Practice Pyramid, an 80 Sq m indoor Studio areas, biological pools, lake, farm animals and organic vegetable farm, fruit trees, and forest. *NB The site is also the home of the Inner Peace Forest School which can offer childcare and educational holiday experiences during your stay if you come with children. Internet is available. Local transport can be arranged with us to get here.*

Gordon qualified as an *Iyengar* yoga teacher and NLP (Neuro Linguistic Programming) Practitioner in 1992 and has over 30

years' experience teaching yoga, martial arts (Yang style Tai chi/*Wado-ryu karate* 3rd dan) and meditation from a Zen Buddhist psychotherapeutic perspective. He is the originator of *Zen Tai Ki* Torus Flow Diamond Body Transformational System.

Jonathan lived in Sri Lanka and India where he studied Buddhist philosophy and Yoga-Vedanta. He is currently teaching meditation and philosophy at Aljezur International Escola and Barlavento International Escola



SuperYoga Teacher Training Costs:

The Costs of a Week's Training at the Inner Peace Forest Retreat

Per person

Yoga Tuition 80 euros per day

Accommodation

40 euros per night per person in shared (double room) accommodation in the main retreat house, room or campsite cabins.

Single room Supplement (25 euros), camping option (15 euros) park up (£10) and day rate discount for local residents (45 euros inc lunch). Friday Night and extra night room rate 40 euros. Discounts available.

Pyramid Apartment - one person 75 euros p n. Per extra person 2/3/ 4 @ 40/20/20 euros p n

Food Delicious Farm Made Vegetarian/Vegan meals (Please provide dietary requirements beforehand)

Breakfast, lunch, dinner, break-time drinks 45 Euros per day

Transfer to and from Faro airport can be arranged (from 50 – 90 Euros each way or you can hire a car).

Typical Cost of a Full Week's (7 days) Training Programme:

Accommodation 280

Food 300

Tuition 560

Transfers 140

Total 1 280 to be subsidized by the Erasmus Teaching Training Programme Grants For detailed information on the funding rules, you can consult the [Erasmus+ Programme Guide](#)

Please Contact Jonathan Bergius, Gordon Sillence, Stella Rose.

00351 912373124