



**Maarten Vermaase  
Tibetan Healing Exercises  
Retreat 2010**

**Sat 10th to Thurs 15th July  
'Domus Mariae' Retreat Centre**

Maarten Vermaase studied Hatha Yoga with the late Robert Van Heeckeren and Tibetan Buddhist Meditation, Yoga and Healing Exercises with Lamas and Teachers from the Kagyu and Nyingma traditions. He teaches in the Oxford area and London since 1979, and holds workshops and retreats for groups nationwide. In 1999, at the suggestion of his Teacher, Kenchen Thrangu Rinpoche, he started the Mahasiddha Yoga Group.

**Tibetan Healing Exercises**, or Kum (subtle body) Nye (to massage), are a combination of movement exercises, breathing techniques and self-massage designed to develop vitality and balance. These exercises are traditionally used for self-healing, deep relaxation and preparation for meditation. Their benefits result from the full integration and relaxation of body, breath and mind. An understanding of the principles of these exercises can greatly help us in our practice of Yoga in general and Meditation in particular.

**The retreat** will start on **Sat 10th July** (arrival in good time for first session at 11am) running until **Thursday 15th** (departing after lunch). It is possible, should you wish, to arrive on Friday 9th in the evening for supper.

**Domus Mariae** retreat centre is annexed to Chigwell Convent. Set in beautiful surroundings, it is situated within very easy reach of London, by both public transport (Central Line) or by road. Domus Mariae is famed amongst the UK retreat community for its plentiful and tasty vegetarian food!

Accommodation is in *single* centrally heated bedrooms on three floors. Towels and linen are provided. There are also two double rooms available on a first come first served basis.

**Cost** for the 6 days retreat, including accommodation, all meals & tuition is £525. **Early bird** price £495 if booked and paid *in full* by March 8th 2010.

For enquiries: [bram@bodhi-yoga.co.uk](mailto:bram@bodhi-yoga.co.uk) or text 07879 625 152

## Tibetan Healing Exercises Retreat 2010 BOOKING FORM

To book tick the choice that best suits you:

I am booking *before* March 8th 2010 and enclose a cheque for the full early bird price of £495.

I would like to reserve my place with a deposit of £125 and enclose an additional cheque for £400 (post-dated 30th June 2010). I understand the deposit is non-refundable.

Cheques should be made payable to 'BODHI-YOGA'.

Name:

Address & Postcode:

Telephone number(s):

Email (clearly please!):

Please indicate here if you require a receipt

Send completed booking form and payment (cheques payable to 'BODHI-YOGA') to: **Bram Williams, 1c Ariel Road, Kilburn, London. NW6 2DX**

An acknowledgement of your booking will be made by email. Directions will be sent in May. If you intend to arrive on the Friday please let me know by 30th June. If booking in May/June you may want to check if there's any space before posting payment & booking form.

For office use: Akn sent  Receipt req Y/N (sent )

Directions Sent  Friday arrival Y/N