



# Iyengar Yoga Weekend

## with Martin Hall

### on the Island of Tanera Mòr, in the Summer Isles, by Ullapool



30<sup>th</sup> April – 2<sup>nd</sup> May 2010

*for students with a minimum of 1 year's experience of Iyengar Yoga*

#### **Practice Iyengar Yoga on the beautiful, inspiring Island of Tanera Mòr, in the Summer Isles.**

**Martin Hall** lives in Clashmore, near Lochinver, Sutherland, with his wife Aileen. He began practising yoga in 1990 and has been teaching since October 1997. Since moving to the north of Scotland in 1999 Martin has continued to develop his yoga practice, studying at the Ramamani Iyengar Memorial Yoga Institute in Pune, India, on two occasions. He is a member of the Glasgow and West of Scotland Iyengar Yoga Institute and the Iyengar Yoga Association of the United Kingdom, and is a certified Iyengar Yoga Teacher. Currently, Martin teaches six yoga classes each week, in Stoer, Ullapool and Achiltibuie.

**Tanera Mòr** is the largest of the Summer Isles, lying 1.5 miles offshore from Achiltibuie, near Ullapool in the North West Highlands. The Island has spectacular views across the sea and mountains, and is home to a wide variety of birds, animals and wild flowers. There are no cars or televisions; just plenty of fresh air and space. Bill and Jean Wilder live and work on the island with their daughter Lizzie and son-in-law Rich.

**Programme:** This will be a small group restricted to a maximum of 9 people. The programme has been designed to give plenty of free time so for participants to explore the island, socialise, or simply enjoy the views. There will be a total of 9 hours of yoga (asanas plus pranayama), with the following provisional timings:

Friday 30 <sup>th</sup> April	Saturday 1 <sup>st</sup> May	Sunday 2 <sup>nd</sup> May
<i>We transport our guests to and from the Island on our boat 'Patricia', leaving from Badentarbet Pier in Achiltibuie.</i>	07.00-08.00 Pranayama	07.00-08.00 Pranayama
	08.15 Breakfast	08.15 Breakfast
	10.00-12.00 Yoga asana	10.00-12.00 Yoga asana
18.00 Arrive at Badentarbet Pier	12.30 Lunch	12.30 Lunch
19.30 Supper	15.00-17.00 Yoga asana	14.00 Leave the Island
<i>We will provide a late supper for those who need it.</i>	18.00 Supper	<i>The crossing to Badentarbet Pier takes about 20 minutes.</i>
	20.00-21.00 Pranayama	

**Equipment:** Please bring your own yoga equipment – yoga mat, 5 foam blocks, 2 bricks, 1 belt, yoga blanket, crepe bandage, and a bolster, if you have one. Equipment will be transported to the island on the boat and carried from the pier to the accommodation in a quad-bike trailer. Please bring sturdy shoes and outdoor clothing for walking to the accommodation and exploring the island in between yoga sessions.

**Accommodation** will be provided in the Island's cosy holiday cottages, the Farmhouse and the Schoolhouse, both of which have wood-burning stoves and fantastic views. Wholesome home cooked vegetarian **meals** will be served in the Farmhouse by the Island's resident family. Breakfast will be self-service in the houses. All accommodation will be in single rooms unless you request otherwise. Non-practicing spouses, partners, or friends are very welcome to join us at a reduced rate; there is plenty of exploring or relaxing to do. Please ask us if you would like to extend your stay beyond the weekend; either before or after the yoga course.

**The cost of the weekend** is £180 per person, including tuition, transport to and from the Island, accommodation and meals. **For more information:** If your query is related to Yoga, please contact Martin Hall: [martinhall@gorrell.co.uk](mailto:martinhall@gorrell.co.uk) or 01571 855360. If it is related to the Island, accommodation etc, please contact Lizzie Williams: [Lizzie@Summer-Isles.com](mailto:Lizzie@Summer-Isles.com) or 01854 622252, or see [www.summer-isles.com](http://www.summer-isles.com). To book, please first contact Lizzie to check availability, then complete the attached form.