

*daylesfordorganic*

## MEDITATION AND GROWING NUTRITIONAL VEGETABLES AT THE HAYBARN AND THE KITCHEN GARDEN AT DAYLESFORD ORGANIC FARMSHOP

**Saturday 22<sup>nd</sup> August 2009 – The art of ecstasy with Vettri Selvan**

The morning commences with the essentials of meditation to harmonise the body, quiet the mind and enrich the emotions. This is followed by a vegetarian organic lunch. The afternoon introduces participants to chakra healing meditation, breathing, inner silence and sharing of thoughts. Vettri studied the ancient scriptures under the traditions of Kaivalyadhama. He is the disciple of renowned Yoga master Sri Swami Satchidananda and has taught Yoga and Meditation for the last 14 years

10.45 – 11.15	essentials of meditation
11.15 – 12.15	steps to harmonise the body, quiet the mind & enrich the emotions
12.15 – 13.00	Hotoi Laughing meditation
13.00 – 14.00	vegetarian lunch
14.00 – 14.30	meditation: sounds and vibrations
14.30 – 15.00	meditation: inner silence
15.00 – 15.30	Chakra Healing meditation
15.30 – 16.00	meditation: breath
16.00 – 16.30	sharing of thoughts

Cost £65



## Sunday 23<sup>rd</sup> August 2009- Organic Gardening

The morning commences with a special gardening class to include late sowing and double cropping to maximize space, storing potatoes and garlic and onion roping. Learn the best techniques for this months focus crops: Winter radish, salad turnips and currants. For lunch guests can enjoy our dish of the day at the Daylesford Organic café farmshop and spend the afternoon in our relaxing and rejuvenating Hay Barn with a yoga class with one of our yoga instructors.

Cost £55

For bookings and more information please call the Rosie Henderson 01608 731703 or email: [rosie.henderson@daylesfordorganic.com](mailto:rosie.henderson@daylesfordorganic.com)

Cost: Day with Vettri £65 does not include dinner in our al-fresco café

Weekend price to include both days and dinner(excl. of beverages) in our al-fresco café £145

Recommended B & B accommodation for Hay Barn customers:

The Plough, Kingham from £85 per night for 2 people: 01608 658327 [www.thekinghamplough.com](http://www.thekinghamplough.com)

The Horse and Groom, Upper Oddington from £90 per night for 2 people: 01608 830584 [www.horseandgroom.uk.com](http://www.horseandgroom.uk.com)

Lower Farm House, Adlestrop from £96 per night for 2 people: 01451 658756 [www.adlestrop-lowerfarm.com](http://www.adlestrop-lowerfarm.com)

[www.daylesfordorganic.com](http://www.daylesfordorganic.com)