

*"The Ancient Masters described evolution as a process using complementary opposites that can lead mankind to a higher state of equilibrium"*

*Franco Mescola*

Founder of the Venetian Tai Chi Research Centre



*DVD's and books related to the course will be available for purchase.*

*For more detailed information about the course contact:*

**Sue Woodd  
The Cottage  
18 Upper South View  
Farnham, Surrey, GU97JW  
Tel:01252 723774**

**susan.woodd@ntlworld.com**



### Lendrick Lodge

The lodge is one of the longest running spiritual retreat centres in the UK. Set at the foot of Ben Ledi within the heart of the Trossachs it is surrounded by six lochs, breathtaking acres of wild woods with the Lendrick River flowing through the garden. Lendrick has a wonderful nurturing and magical feel, making it the perfect place for any healing work.

# Dao and Dharma

## A weekend of Tai Chi and Yoga



**With Sue Woodd MRSS  
&  
Carrie Broughton BDS BSc MFDS RCPS**

**A weekend course from  
5pm Friday 6th June to  
Sunday 8th June 2008**

**At Lendrick Lodge, Brig O'Turk  
Callander, Stirlingshire, Scotland**

*On arrival dinner will be followed by Introductions and a talk comparing the fundamental principles and philosophy of the Dharma and Dao's approach to Health and Well being*

*The Weekend will include:*

*Yoga, Tai Chi & Qiqong Sessions and how they can work together to enhance your practice*

*The seven Chakras , their vital functions and how these contribute to physical, mental and emotional health.*

*Blockage in any one or more of these Chakras can lead to a lack of balance and ill health. The use of Yoga asanas, pranayama and mantras we can restore the energy flow through all the energy channels and chakras recreating health and balance.*

*How to reset the body clock and strengthen the immune system using T'ai Chi and Yoga*

*Face and Body Reading for Yoga, Health and Personality Profiling*

*An introduction to dynamic spiralling techniques*

*Powerful techniques for increasing vitality and cleansing, calming, relaxing and focussing the mind*



## BIOGRAPHIES



Sue Woodd has been working in the field of Complementary Medicine for the past 25 years, founding her own school in 1991. In 1995 she set up a safari camp in India. She is a registered Trainer with the Shiatsu Society and a Tai Chi Union Grade A instructor, she also teaches for the European School of Tai Chi Ch'uan, and is also a graduate of the College of Cranial Sacral Therapy and teacher affiliated with Yoga Alliance. As an International Master Trainer she trains fitness instructors and lectures for leading Health Farms and Fitness Companies world wide and continues to raise public awareness through her books, DVD's and radio and television appearances.



Carrie has been working in the National Health Service in Oral and Maxillofacial Surgery for eight years and in that time developed her interest in yoga and qualified as a teacher with the Chi Yoga School, Scotland. (Yoga Alliance affiliation) She firmly believes that there is a need for acceptance and more widespread use of complementary healing methods in conjunction with Western Medicine. Carrie has trained with Victoria Mulhearn at Lendrick to become a Reiki practitioner and has an interest in Shamanism. Her yoga experience is varied having had the privilege of working with TKV and Kausthub Desikachar, the founders of the Krishnamacharya Healing and Yoga Foundation and plans to study on their Yoga Therapy Training program. Carrie has also worked with David Keil, an authorised Ashtanga teacher and yoga-anatomist, developing her understanding of the physical aspects of yoga and their direct relation to human anatomy. She also lectures in Yoga Anatomy and Physiology for the Chi Yoga School.

## BOOKING FORM

# Dao and Dharma weekend course

The cost of the weekend will be £225  
Including accommodation, meals and tuition.

Advanced booking is advisable as the numbers on this weekend will be strictly limited.

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Please reserve me ..... place(s)

I enclose deposit of £.....  
(£75 per person - non refundable.)  
The balance payable a month before the course

\* Cheques payable to 'Susan Woodd'

Name .....

Address .....

..... Post Code .....

Tel: ..... Mobile: .....

Email: .....