

A Heart-Full Welcome to Our Love Embodiment Bhakti Yoga Retreat

Welcome beloved souls from the very depths of our hearts, we greet you with joy and devotion. We are so delighted that you have heard the call to make the journey to join us at this unique gathering of spirits and hearts. To walk the path of bhakti yoga is to let the melody of love and devotion become the rhythm of our life itself.

As we come together here in community, in practice, we create a living field of shared love, curiosity, and grace. Each person's presence is an offering, each movement of our bodies an offering, each sound we utter an offering, and every heart adds richness to this tapestry of sacred space and time as we come to be in circle together.

We are especially honoured once again to hold this retreat at **Mandala Yoga Ashram**, a place of deep stillness and simple beauty nestled in the green hills of Wales. Set on a secluded hilltop on the edge of the Brecon Beacons National Park, the ashram is a sanctuary where the teachings of yoga, advaita, and tantra come alive in the quiet rhythm of nature and practice. Originally a Welsh hill-farm, the Ashram has grown over decades into a sanctuary of spiritual learning, reflection, and peace, a space where many seekers have found clarity, connection, and transformation. And as you may already know very dear to my heart and my Bhakti unfolding.

WhatsApp Group:

We have set up the WhatsApp group to keep in touch and share things and thoughts with each other over the coming weeks, this is your group so please use it. I know some people are offering lifts and others are needing then so please connect using the WhatsApp group to arrange this. This group is the space to share any photos that get taken on retreat and perhaps before if you are inspired and want to share. It's a group for us all so please use it.

Arrival Information

You're welcome to arrive from **2:00 PM onward** on Thursday, allowing time to settle into the surroundings meet your fellow travellers before coming together for supper **before 6:00 PM**. Parking is available on site for all guests. We will be departing **by 2:00 PM** on Sunday.

Travel & Connections

Because the ashram is in a rural area, **there is no public transport directly to the venue**, so most guests reach us finally by car or taxi though we have had a couple on foot before now!

Nearest Airports:

- Cardiff Airport (CWL) about ~1½ hours drive.
- Bristol Airport (BRS) about a two-hour drive.

Nearest Train Stations:

- **Llanwrda railway station** on the Heart of Wales line is the closest train stop. From the station, local taxi services can bring you up to the ashram (about 15–20 min ride).

Sometimes the trains can be a little hit and miss, but the beautiful railway folks always help you to get to your destination.

Local Taxis to Pre-Book:

- Towi Taxis – 07544 624 411
- Teilo Taxis – 07450 162 783
- Llandeilo Taxis – 01558 822 020 / 07831 806 981
(Be sure to book ahead, as there are no taxi ranks waiting at the stations.)

Ashram address:

Mandala Yoga Ashram, Pantypistyll, Llansadwrn, Llanwrda, Carmarthenshire, Wales, UK, SA19 8NR Tel: [+44 \(0\)1558 685358](tel:+441558685358) Email: info@mandalayogaashram.com

Rest assured the postcode does take you to the ashram.

What to Bring & A Few Gentle Guidelines

We are immensely grateful you are here, ready to open, ready to sing, ready to simply *be* in devotion with each other, the space, and into life's mystery together. May this retreat nourish your heart, deepen your connection, and expand your capacity for love, compassion and wonder.

Welcome.

Most things are provide in abundance by the ashram (e.g. yoga mats, blocks, blankets) To help you feel comfortable, settled, and fully present during our time together, here are a few things to bring along:

Essentials for Your Stay

- A **bed sheet, quilt or duvet**, and **pillowcases** (if you are coming by train or plane the ashram will lend you bed linen)
- A **towel**
- A **torch** as it does get dark outside at night in the grounds and beyond
- **Waterproofs** are a must as the Welsh rain will probably find us more than once during our stay
- A **set of working clothes** you do not mind getting wet or dirty as part of our yoga practice we will be doing a little karma yoga each day maybe inside and outside, so as all good boy scouts say 'be prepared'
- Your **usual personal items** for staying away from home

Please note that the ashram is a **scent-free space**, so we kindly ask that you **don't bring perfumes or aftershaves**, helping to keep the environment gentle and inclusive for everyone.

Practical Bits

- A **water bottle with a screw-top, non-leak lid** they do have a tendency to fall over in the group hall regularly
- A **journal** and a **pen** so you can write your notes and thoughts

- Most of the ashram accommodation is shared so please bring some **ear plugs** and an **eye blind** as this will help you sleep well during your stay
- A **drum** or more than one if you have them as we will be offering a drumming circle as one of our afternoon sessions, so the more drums the merrier
- Any **musical instruments** you'd like to bring for kirtan, all offerings of sound are always welcome

The ashram runs with bells for the entire timetable of our retreat together, so we invite you once you get here to leave time behind you, so no need to bring watches or alarm clocks.

Food & Dietary Needs

- All meals will be **vegetarian** (though there normally is a boiled egg or two)
- If you have any **allergies or dietary requirements**, please let the ashram know on arrival so they can fully support your needs

Dress & Devotion

As part of the yoga bhakti tradition, dressing with care is itself a practice. You're warmly invited to wear **clean, comfortable clothes**, and if it delights you, **beautiful frocks, flowing fabrics, colour, and even a little glitter** are most welcome for our evening kirtan. Let your outer expression mirror the joy and devotion of your expressing heart.

Ashram Shop

There is a small **ashram shop** on site offering books, items for practice, and other little treasures — so do bring **some cash** in case something catches your eye.

Our days and nights together

We are just working with the ashram to agree the timetable of the retreat and you will find it on the notice board when you arrive as always. As we prepare to gather, please know how deeply grateful we are for each one of you. The journey you're making both outward and inward is already part of the practice. Our collective presence, openness, and willingness to arrive just as we are, is truly the greatest offering.

May these few days at Mandala Yoga Ashram be a time of remembering: remembering the sweetness of devotion, the power of community, and the quiet wisdom of the heart. May the songs we share, the movements and silences we honour, and the love we cultivate ripple far beyond this retreat and into our everyday lives, and out into the world.

Congratulations for saying yes to this precious you time, this amazing place, and this beautiful path we walk together.

We so look forward to welcoming you, sharing meals and practices, and walking this sacred space together.

Until we meet, may your journey be smooth, your heart be light, and your devotion guide you safely home.

With love and gratitude