

The Theosophical Society in England presents

# SWEET USES of ADVERSITY

Leader: Ruth White

Internationally acclaimed yoga teacher/speaker

Saturday 12 May 2018

9.30 am – 3.30 pm

## PROGRAMME

- 9.30 am Welcome
- 10.00 Talk "Sweet are the uses of Adversity"
- 11.30 Tea
- 12.00 Questions and Practical Suggestions
- 1.00 pm Lunch
- 2.00 to 3.30 Talk "Classroom or Prison"



## SWEET ARE THE USES OF ADVERSITY

A practical experience with Ruth on how we can change our attitudes. Re-looking into our so-called problems and turning them to our advantage, or as Shakespeare put it "Sweet are the uses of adversity". You may choose to try a few simple stretches which Ruth will demonstrate, and which can have an effect on both our energy levels and attitude. Often, we are so focussed on what we want to happen we miss the lessons and blessings found in what is happening. Our resistance causes us stress and suffering. Yet every apparent holdup or disadvantage can show us incredible amounts about ourselves, our judgements, habits and reactions. Seen this way, the whole universe becomes our teacher, a constant guide to letting go of limitation and stepping into greater happiness and stability.

## CLASSROOM OR PRISON

It's all to do with our perception of the world; for example, two prisoners were in a cell, one saw the bars the other saw stars. The way they interpreted the same situation was quite different. We cannot change the world but by changing our attitude we can change the way we see it.

## RUTH WHITE – BIOGRAPHICAL INFORMATION

All yoga is remedial and Ruth has personal experience, as she was rescued by the late, famous yoga master BKS Iyengar. In her teens, she had chronic back problems and was due to go into hospital. Luckily, Iyengar showed her how to be free of pain and strengthen her back. She was so inspired by his teaching she followed him to India and trained as a yoga teacher.

Ruth has been an international yoga speaker of some 40 years and has given talks and taught in 25 countries. She now runs the Karuna Yoga Centre in the Cotswolds which has weekly meetings and teacher training classes in which over a thousand students have qualified.

Ruth has produced 18 practice videos and audios and she has just published a book entitled 'Presence – The Truth of Yoga'. She has been meditating since her 20s and practicing *A Course in Miracles* since 2000.

Admission: £20 non-members, £15 members of the Theosophical Society including refreshments (not lunch). Book online ([www.theosoc.org.uk](http://www.theosoc.org.uk)), by email ([office@theosoc.org.uk](mailto:office@theosoc.org.uk)) or in person at 50 Gloucester Place, London W1U

**Venue: 50 Gloucester Place, London W1U 8EA.**

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