

SPRING YOGA RETREAT



To Relax, Recharge and Rejuvenate after the Winter

Haybergill Eco Centre
Appleby, Cumbria
www.haybergill.co.uk



Wednesday 10th April 2019 3pm - Friday 12th April 2019 2pm

Haybergill Centre is a custom built, eco-friendly, large Scandinavian style centre set in beautiful grounds in the picturesque Upper Eden Valley. Right in the heart of Cumbria within the "North Pennines Area of Outstanding Natural Beauty" with breath taking views all around and within touching distance of the Lake District, Teesdale and the Yorkshire Dales.

The Retreat will include **two days of Yoga, Meditation, and lots of Relaxation**, with an optional Walk locally and time for generally relaxing and enjoying the birds and the wildlife in this peaceful natural setting.

Weather permitting we can have a log fire outside in the evening and yoga sessions outside in the fresh air. You are welcome to arrive earlier on the Wednesday to enjoy the grounds and settle in before our first session on Wednesday afternoon.

The centre provides rooms on a twin share basis, most are ensuite with two sharing bathroom facilities.

Delicious vegetarian/vegan food made with home grown or local produce is provided with homemade biscuits, fruit and refreshments available any time.

There is a sauna and pre-booked therapy treatments or a golf course 5mins away if you fancy it.



Take a look on the website for more details and photos of the facilities.

www.haybergill.co.uk

Rough Outline of the Retreat:

Wednesday

Arrive after lunch and settle in, maybe stroll round the grounds
Afternoon Grounding Yoga session
Buffet style evening meal
Relaxation session before bed

Thursday

Early morning Gentle Yoga and Meditation
Breakfast
Morning Yoga
Buffet style Lunch
Optional walk or free time to relax
Gentle pre dinner Yoga/Relaxation
Buffet style evening meal
Log fire outside or Inspiring movie in the lounge or whatever the group decides



Friday

Early morning Gentle Yoga and Meditation
Breakfast
Rejuvenating Empowering Yoga session
Buffet style Lunch and farewell



Cost is **£290** for the two day break, all inclusive meals, accommodation, walking, and teaching

To book your place I will need a **£50 non-refundable deposit by Monday 7th January 2019** with the **balance due by 17th March 2019**.

I need a minimum of 10 people and will take a maximum of 16

So don't delay, this will be popular, treat yourself to a Yoga Retreat in which we have the time to spend a bit longer and go that bit deeper into our exploration of all the wonderful benefits of yoga postures, breathing, sequences, meditation, and lots of relaxations in a beautiful healing environment.

A chance to come together with friendly like-minded yoga fans, make new friends, deepen existing friendships and put some spring in your step in the magical energy of the Pennines....

Let me know if you have any further questions or you would like to book

Namaste

Teresa

07876254518

teresa@teresa4yoga.co.uk

