

# Real Yoga



## Yoga Retreat

# Healing and Yoga

26th to 28th February 2016

with Jean Danford

At: Holycombe, Whichford, Shipston on Stour, Warwickshire CV36 5PH,  
see [www.holycombe.com](http://www.holycombe.com)

It is often noticed that as one practices yoga especially meditation and pranayama, we begin to become aware of changes in energy flow, sometimes feeling that we have plenty to give away, other times depleted.

As the Ajna chakra opens we become more aware of higher levels of energy, inspirational and spiritual, we perhaps begin to notice energy fields around others, and are more aware of our own energy centres.

This weekend will be an introduction to the application of healing, that will comfortably sit alongside Yoga Therapy work.

As well as being a trainer for teachers and Yoga Therapists, Jean is a Senior Tutor for the College of Healing and has over 30 years experience as a healer.

Good company and a rich environment to learn, share and enjoy the delights of Holycombe,

Maximum of 14 people,  
Book early to reserve your place

### **COSTS:**

The cost is £280.00 per person, additional £30 if you require a single room. This includes tuition, accommodation, lunches and suppers,

You will need to bring a contribution to breakfasts, and bed linen and towels

### **BOOKINGS**

To reserve your place please send a cheque for £50 deposit before 10th January (balance by January 31st) to Karen Sear

The Rockery, Langley Road, Claverdon, Warwickshire. CV35 8QA

Queries: [karen\\_sear@btinternet.com](mailto:karen_sear@btinternet.com)



.....  
Name

Address

Phone

Email

Please reserve ..... Place/s

I enclose £.....

Dietry requirements...