

A Yoga weekend of self nurture



9th, 10th, 11th November

with Jean Danford at Poulstone Court

For Yoga Teachers, Yoga Therapists, and Health Care Professionals

The essence of Yoga is an authentic personal practice and yet this often gets lost when we constantly give to others, whether our students, clients or family.

This weekend retreat is about giving back to yourself.

Poulstone Court offers the perfect place for Yoga Retreat, providing light and space, nutritious vegetarian food and possibilities for being outdoors.

The weekend program will include morning and afternoon Asana and Pranayama practice. Meditation, Yoga Nidra, and workshops of self discovery and fun, exploring our own Koshas, and beginning to understand how we 'lose' energy, and how we might prevent 'burn out'.

www.poulstone.com

Prices include all tuition, food and accommodation. Hours will be certificated for CPD



Shared accommodation is £325, for single rooms £345

£150 deposit, before 1st July please.

Early Bird booking before 1st May £300 shared, £325 single

Enquiries and to reserve your place contact karen_sear@btinternet.com

Pay £150 deposit before 1st July and balance by September 30th)

Cheque to Karen Sear or arrange bacs payment

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

Enjoy time with like minded people, to learn, share and enjoy the delights of Poulstone