



Yoga and Meditation Retreat 2018 December 23rd - 27th

Single rooms - Four nights, nearly five days.

£420 room ensuite: £390 standard: £350 economy:
with Jo Pelly & Josie Cowgill.
Yoga teacher Camilla Jackson

Camilla's yoga sessions will uplift us with a subtle balance of effort & ease, suitable for functionally fit people with some understanding of yoga . When presenting challenging poses Camilla will invite us to feel our inner smile & practice without competitiveness . There will be plenty of gentle yoga using breath awareness to reach inner silence . QUIETNESS; this event is a 'retreat', rather than a 'workshop', an opportunity to find our inner quietness,. Some days are held in silence.

MEDITATION SESSIONS; some aspects of yoga philosophy will be presented, leading into sitting periods not longer than about half an hour . A formal sitting meditation posture is encouraged - but some people prefer to use a chair.

NATURE- Dartmoor National Park. the living stillness in trees, rocks, rivers, & the weather guides our attention into essential peace WALKS; up on the Moor are suitable for people who can manage rough ground, ... Some people prefer easier strolls along the lanes. Please bring outdoor clothing, wooly hat, stout footwear. WATER-COLOUR PAINTING; optional. FOOD Delicious vegetarian food, with Josie's professional cooking.

Daily schedule, may be modified according to the weather

7.00 Pranayama -- Breakfast

9.30 Meditation with short talk/instructions — Tea break

10.45 Hathayoga — 1.00 Lunch

Afternoons; painting, walking or free time

5.00 Restorative yoga, 6.00 meditation — Supper

after supper various ...

Arrival - please arrive by about 4.00 pm in time to settle in before first session Hatha yoga 4.45 pm

Departure - after lunch on the last day

Taxi Share - we may be able to put you in touch with others arriving around around 2 -3 at Totnes

Information and booking: josiecowgill@googlemail.com **01453 762 045** travel directions, & more information about the venue on Bala Brook Website