

Two days of Yoga at HAWKWOOD

with Ruth White

Painswick Old Road, Stroud, GL6 7QW

Friday 29th November – Sunday 1st December 2019



Whatever your ability, you will be most welcome at this 2-day yoga retreat. Ruth's teaching is an inspiration both spiritually and physically. Her approach is both practical and spontaneous and she endeavours to meet the changing needs of her students.

After the success of her last Gong Bath session, guest speaker Linda Thomas will be returning on Sunday afternoon for a relaxing and therapeutic experience. It's a perfect way to finish the weekend, just relax and feel the healing vibrations pervade the body and mind (see below for further information on this sound therapy). Day visitors are also welcome.

THE VENUE - Hawkwood is set in 42 acres of beautiful gardens, woods and fields, with its own spring water, and has panoramic views over an Area of Outstanding Natural Beauty.

REQUIREMENTS - Please bring yoga mat, belt, blocks, back arch & blanket if you have them – We supply a few.

FEES & BOOKING

Residents (single)	£320.00
Residents (shared)	£280.00
Non-residents	£240 (incl. all meals except breakfast)
Day guest	£80 (incl. lunch)

A non-refundable deposit of £50 is necessary to make your booking. The balance of your fee will be due four weeks before the course commencement date.

To book you will need to contact Hawkwood directly - call **01453 759034**, email **info@hawkwoodcollege.co.uk** or book on-line at **www.hawkwoodcollege.co.uk**

PROGRAMME

FRIDAY

4.00- 6.00 pm	Arrival & registration
6.30 pm	Supper together
7.30 pm	Introductory session – a practical talk

SATURDAY

8.30 am	Breakfast
9.30-11.00 am	Postures demonstration & explanation
11.00 am	Coffee/tea break
11.30-1.00 pm	Asana practice with attention on feet
1.00 pm	Lunch
2.30-4.00 pm	Practical talk - How our challenges can be used to our advantage
4.00 pm	Afternoon tea
4.30-6.00	Seated postures leading into Pranayama & Meditation
6.30 pm	Supper
7.30-9.00	Talk – Yoga & How to work with mind and body to release fears

SUNDAY

8.30 am	Breakfast
9.30-11.00 am	Asana class – how to adapt your postures to changing needs
11.00 am	Coffee/tea break
11.30-1.00 pm	Postures with attention on core strength
1.00 pm	Lunch
2.00-4.00 pm	Stretch, pranayama & short address 'The Art of Relaxation' and Linda Thomas – Gong Bath and Crystal Bowls
4.00 pm	Afternoon tea and departure

MEALS

All meals are gluten-free and low sugar.

HOW TO FIND HAWKWOOD

By Car

From the west and north, take Exit 13 off the M5 and follow signs to Stroud centre. From the east, take Exit 15 off the M4 and follow the A419 past Cirencester to Stroud. If coming from the Oxford area, follow the A429 or B4425 off the A40 to Cirencester. Follow the A419 from Cirencester as above.

From Stroud centre, follow the A46, then the Painswick Old Road (which is signposted 'to Wick St.'). Please contact us if you would like more detailed instructions (also included on confirmation forms sent after booking).

By Train

Take a taxi from the Stroud train station (max. 2 miles). Approx. half an hour by foot!

Ruth White ● Yoga Centre

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Sound Therapy

Science tells us that everything (and everybody) that exists has a measurable, vibrational frequency. You can observe this for yourself. If you fill a glass with water, then tap the glass, you will see how the sound/vibration disturbs the water. You can even make more ripples without touching the glass – sounds or frequencies alone will do it! Our bodies are 50-75% water, so it's inevitable that extreme sounds and vibrations will have an effect. Electronic noise, busy work environments, shops, traffic, even very loud music, we spend much of our lives open to such noise 'pollution'.

The resulting effects can include disturbed sleep patterns, depression, stress, anxiety, compromised immune systems, the list goes on.... These consequences can disrupt on a deep cellular level and can sometimes be vague and difficult to identify. It is now recognised and well documented that such issues are a major cause of concern to our health and wellbeing.

Utilising Sound

Medical science has become increasingly aware that sound, certain frequencies introduced under certain conditions, can be used to positive effect. It can penetrate cells and tissues. For example, ultrasound imaging can help confirm a diagnosis. Ultrasound works by emitting oscillating sound pressure waves at inaudible frequencies. This can also be helpful in pain management and the healing process.

The Gong 'Bath'

The various gongs used in therapy work are tuned so are able to create a variety of notes and frequencies. These may be either precise or generic, depending on application. Symphonic gongs are tuned specifically to create an expanding, **harmonic blend** of resonating tones. Therefore, the variety of frequencies and dynamic harmonies introduced will literally 'bathe' and resonate throughout the physical body on a deep cellular level. This promotes relaxation and offers a powerful therapeutic effect.

Mentally, **Binaural sound** is the practice of introducing one note into one ear and another note into the other. The brain will naturally combine the two sounds, establishing and '**entrainment**' that will be perceived as a third note – this encourages synchronisation of the right and left hemispheres of the brain and, in turn, helps cultivate states of deep relaxation or meditation.

(**Sonocytology** studies have found that the vibration of a healthy cell is notably different from a compromised one and that the pitch and tone of cell walls will change in response to its environment. By subjecting clients to the gongs various frequencies, we can re-introduce and encourage harmony into cells, organs and biological systems that may have become disrupted).