Holycombe Retreat Centre

 Friday 9th July – Sunday 11th July 2021

with Ruth White

Holycombe, Whichford, Shipston-on-Stour, Warwickshire, CV36 5PH

**HOLYCOMBE -**Come and join us on this weekend and enjoy the peace and quiet at Holycombe. The weekend is both invigorating and restorative and is in a truly spiritual, relaxing and idyllic place. It stands in 6 acres of peaceful woodland and beautiful natural gardens. From the yoga hall the views are of the natural garden and spring fed lake. Please take a look on their website [www.holycombe.com](http://www.holycombe.com).

Ruth’s teaching is an inspiration both spiritually and physically. Her approach is both practical and spontaneous and she endeavours to meet the ever changing needs of her students.

You don’t have to be *good* to come; you see it’s not about your body although the body is a perfect, tailor made tool to work with.

It is about the *mind* and where your attention is.

**ACCOMMODATION:** They can comfortably accommodate 11 people when sharing plus 3 double bedrooms. Ensuite rooms £25pppn, please request. There is also the opportunity to stay in one of their onsite yurts and glamping facilities.

## **REQUIREMENTS -** Please bring yoga mat, belt, blocks, back arch & blanket if you have them – We supply a few. Plus, own toiletries and towel, Holycombe provide bed linen at £15, or you can bring your own bed linen; duvet cover, pillow slip and sheet.

# **FEES & BOOKING**

# Weekend Residents (single) £360.00

Weekend Residents (shared) £280.00

Weekend non-residents £240 (inc all meals except breakfast)

Saturday or Sunday Day guest 9.00am-4pm £88 (inc lunch)

Friday & Sunday Class £88 (inc lunch)

Friday or Saturday 4pm – 9pm £50 (inc dinner)

A non-refundable deposit please with booking of £60, £40 for day guests is necessary to secure a place. The balance of your fee will be due on 3rd June 2021.

# To book you will need to call 01608 651189 or email info@yogawithruthwhite.com for bank details.

**PROGRAMME**

### **FRIDAY**

4.00 pm Welcome

5.00 pm Restorative yoga class

6.30 pm Supper together

7.30 pm Talk – The Breath of Life

### **SATURDAY**

8.00 am Breakfast

9.30 am Postures demonstration & explanation

11.00 am Coffee/tea break

11.30 am Asana practice with attention on feet

1.00 pm Lunch

2.30 pm Practical talk - How our challenges can be used to our advantage

4.00 pm Afternoon tea

4.30 pm Seated postures leading into Pranayama & Meditation

6.30 pm Supper

7.30 pm Talk – Yoga & How to work to release fears

### **SUNDAY**

8.00 am Breakfast

9.30 am Asana class – how to adapt your postures to changing needs

11.00 am Coffee/tea break

11.30 am Postures with attention on core strength

1.00 pm Lunch

2.00 pm Talk – The Art of Relaxation

 Followed by Stretch, Pranayama &

 Yoganidra

4.00 pm Afternoon tea and departure

**MEALS** We are bringing our own cooks. The meals will be gluten-free and low sugar, still delicious and we can cater for vegans.

# **TRAVEL**

If you would like a lift or can give one, please let us know.

**By Train​**

The nearest railway station (five miles away) is Moreton-in-the-Marsh which is on the Oxford-Hereford line.  From London you leave from Paddington Station. John will meet the train that arrives at 16.19 on Friday, and take people back for the return train on Sunday at 16.55 Moreton In Marsh to Paddington arriving at 18.29 (subject to change). If you require a taxi from the station please call 07833473436

**By Car**

**As it is in the heart of the Cotswold Countryside you may need directions for the last part of your journey. “Pease see how to find Holycombe” on their website.**