

Booking your escape!....

- ☺ Contact us with your details
- ☺ Secure place with deposit of £175
- ☺ Please pay remaining amount £300 at least one month before Retreat
- ☺ Perhaps bring walking boots
- ☺ We can car-share for journey or if preferred trains go to Penzance

Cancellations:

As the Woodland House in Cornwall needs to be secured with a deposit paid by me, £100 of your deposit will need to be retained. However, if you can find a person who may like to come instead, then it will be possible to return full amount.

1 month - 10 days before Retreat 10% of total fee, less £100 to cover deposit is forfeited. 7 - 9 days before 50% forfeited No refund if less than 7 days

**Included in this Retreat:**

Accommodation  
Three meals a day & snacks  
Wine with dinner to relax you more!  
One Ayurvedic Massage treatment  
Physical Yoga Practice to promote health and wellbeing - no previous experience required

**Excluded:**

Transport to & from Retreat  
Extra Massage Treatment



**Rosemerryn House**

[www.rosemerrynwood.co.uk](http://www.rosemerrynwood.co.uk)

To reserve your space or make enquiries please contact:

Helen – 07952342814

[helen@earthariseyoga.co.uk](mailto:helen@earthariseyoga.co.uk)

[www.earthariseyoga.co.uk](http://www.earthariseyoga.co.uk)

or Marguerita - 07809 119509

[whitestripesyoga@gmail.com](mailto:whitestripesyoga@gmail.com)

Please note:

**'COVID PRECAUTIONS APPLIED'**

# 'WOODLAND'

## RETREAT

Escape & Enjoy  
CORNWALL

**Thurs 11 May – Mon 15 May 2023**

**£475/4 nights**

**Thurs 11 May – Sun 14 May £375/3 nights**

or

**Fri 12 May – Mon 15 May £375/3 nights**



**This Retreat is to help you 'rest' and restore your mind & energy levels. This year, we will use sound, music, art and nature as a means of balancing and aligning ourselves.**



### **Accommodation**

Tucked away in 7 acres of private peaceful woodland, only a short walk from the sea, this former artist's residence is reminiscent of a slower way of life, offering plenty of space to gather as a group and for you to escape on your own when you need. The house is as charming as you could want, the gardens are serene, and the yoga studio is light and spacious - the perfect place to immerse yourself in practice away from the demands of daily life

Food is based on a vegetarian diet and offer organic healthy meals to nourish and support your body's health systems. Please let us know of any special dietary requirements. The house has a large friendly farmhouse kitchen where you can help yourself to drinks any time...

### **STUDIO**



### **LAMORNA COVE**



### **Daily Schedule:**

**08.00 - 09.30** leisurely breakfast

Free space (1½ hours)

Option for **guided woodland walk...**

Sleep/read/walk/paint/massage/swim!

**11.00 - 12.30** Stretching, releasing, slowing down, breathe, meditation, for all, no matter what your experience/ability.

**13.00** Light Lunch/Snack

14.00 -17.00 Free space (3 hours)

Sleep/read/paint/walk/massage/swim!

**17.00 - 18.30** Exploring 'Yantra' drawing \*  
Breathing practices to support health,  
Exploring the benefits of yoga chanting \*

**19.00 - 20.30** Dinner

20.30 ..... quiet time, star gazing?

Relaxing by cosy fireplace in the lounge...

Conversation, poems, songs, stories....

(\* See separate handout)

Lamorna Cove & Cafe is 25 mins walk

Coastal paths lead to some amazing views and private beaches. Penzance is 4 miles away/buses are direct.

### **Your Hosts:**

**Helen Lord** - Yoga Teacher/Musician

**Marguerita** - Teacher Trainer/Life Coach

**Satomi Tenaka-Rogers** - Tea Ceremony

**Michaela Augustin** - Yoga Teacher,  
Ayurvedic Practitioner Experienced  
Holistic Therapist

**Ben** - Experienced Chef