

Autumn Gentle Yoga & Wellness Retreat, 25th-27th October 2019

High Bickington, North Devon

This year's autumn retreat will be held on a non-working farm in the heart of the North Devon countryside. Experience a weekend of gentle Hatha Yoga and wellness activities at this serene setting in the middle of over 40 acres of land and surrounded by stunning woodland. With exclusive use of the space, we'll have a truly serene "Santosha Yoga Village", surrounded by the beautiful rusty golden hues of the trees as autumn comes. Autumn's a great time to restore and rejuvenate, prepping our immune systems for the winter ahead. In your free time, there are plenty of quiet spots around the farm, lovely walks, a hot tub and cozy living rooms to relax in with a book and a cup of tea.



Santosha Healing

For any queries, please contact me, Arwen Raddon at:

www.santoshahealing.co.uk
santoshahealingspace@gmail.com
Mobile: 07488430566

You will benefit if you can join in with all the activities. However, it's not obligatory. If you feel at some point that you need some alone time to walk, meditate or simply relax, then that's not a problem. Otherwise, the indicative timetable is as follows:

Friday 25th October

- 4-5pm – Check in and tea break
- 5.30pm - Gentle Evening Yoga & Meditation
- 7pm – Evening meal
- 8pm – Sound Bath with Arwen

Saturday 26th October

- 7am – Morning Gentle Yoga & meditation
- 8.30am – Breakfast
- 10am – Woodland trail walk with healthy packed lunch
- 1pm - Rest time (optional therapies to book for

an additional fee)

3pm – Tea break

3.30pm – Afternoon Gentle Yoga Stretch

5pm – Evening Meal

7.00pm – A Shamanic Journey with Sue Marcantonio of Spirit Unleashed

Sunday 27th October

- 7am – Morning Gentle Yoga & meditation
- 8.30am – Breakfast
- 10am – Walking meditation (or optional therapies for an additional fee)
- 11am – tea break
- 11.30am – Gentle Yoga & Sound Bath
- 1pm – Sunday lunch together (or optional therapies for an additional fee)
- 3pm – end of Retreat, go home feeling restored!



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Accommodation

We'll be staying in a lovely cluster of stone cottages at the heart of the farm, just a step away from the Barn where classes are held. The cottages offer a range of accommodation options, so you can decide by your preferences, such as whether you're happy to share or coming with someone, and your budget. All rooms are quiet and comfy. Each cottage comes with a kitchen, living room and bathrooms.



Prices

Prices include Yoga classes, guided walking activities, sound bath, Shamanic journey, healthy vegetarian meals, drinks and snacks, and your accommodation option. Additional holistic therapies will be bookable at an additional cost, should you wish.

Option 1: Twin bedroom in shared cottage £225 per person

Option 2: Single room in shared cottage £245 per person

Option 3: Private cottage £265 per person (limited availability)

Your Teacher

As a professional Yoga and meditation teacher (YTTC 200 Hours, Meditation Teacher Training 300 hours), my goal is to make Yoga and meditation accessible to all, regardless of flexibility, age or gender.



I focus on gentle Yoga as a great way to gain the benefits Yoga can bring while working gently with the body. I'm also a Reiki, sound and crystal healer.

Booking Form

Name:	
Date of Birth	
Address	
Email	
Phone (best contact to get you on)	
Emergency contact name & number	
Accommodation Option (*delete as appropriate)	Twin £225*/ Single £245*/ Private cottage £265*
If you wish to share accommodation with someone specific (e.g. partner or friend), please provide their name so I can match you up	
Previous experience of Yoga, if you aren't one of my existing students	
Are you interested to book for any additional therapies? (*delete as appropriate) Further details will be sent to you.	Reiki (with Arwen) * Life coaching (with Arwen) * Massage (therapists to be confirmed) * Shamanic healing (with Sue Mercantonio) * Other – let me know if there's something you're keen to try and it's not here!
Any issues regarding food, e.g. intolerances? Please note, while we can't guarantee food is allergen free. Food will be vegetarian with vegan and gluten free options	Yes/ No – please detail if you answer yes
I have read and accept the terms and conditions overleaf	Yes/ No

Terms & Conditions

- On receipt of your booking form, you'll receive an email with the BACS details to make your deposit.
- To secure your place on the retreat, you will pay a *non-refundable* deposit of £130 (for each person attending), with the remaining balance to be paid no later than 25th September, 2019.
- Should there be a need for me to cancel the Retreat for reasons beyond my control, you would receive a full refund.
- In signing up for this retreat, you agree that you are in good health and you release the teacher, Arwen Raddon, from any responsibility for impact on your health of engaging in the activities. If you are in doubt about your health, please seek the advice of a doctor.
- You will disclose any past health issues or pains to the teacher, so that she can make any necessary adaptations for you.
- Any personal details shared with Santosha Healing when booking for and attending this retreat will be stored securely in line with personal data protection laws, and will not be shared at any time with any other parties.
- It is your own responsibility to take care of your belongings while on the retreat and to keep your space tidy (as per Karma Yoga practices).
- Santosha Healing does not accept any liability for your personal belongings or any injuries or accidents that you may experience during the retreat.
- Other than that, don't forget to relax and have a great time!

If you have any questions about the retreat, please do get in touch.

I look forward to seeing you at this lovely autumnal retreat
Love & light
Arwen, Santosha Healing