



Claire Ferry Yoga & Veronica Ellis

2-4 November 2018

Tory Bush retreat

We're very happy to invite you to our first joint yoga & mindfulness retreat. This will be suitable for all – whether new to yoga or mindfulness or both, or have practiced either.



Cost:

- £200 twin, £230 single
- All rooms have shared bathrooms/toilets
- Some places at reduced rates if money is an issue – please contact us

The price includes two nights accommodation and all meals (vegetarian but ask if you have other dietary requirements). Transport not included.

Rooms will be allocated on a first come, first served basis. Please pay your deposit of £50 to confirm your booking. This deposit is non-refundable unless your place can be sold if you pull out. The balance is due by 5 October 2018. If you have your own yoga equipment please bring it, otherwise we will bring spares.

Contact claire@claireferryyoga.net or 07743 841415 to book your place or ask questions.

The **timetable** for the weekend is approximately as follows but may change:

Friday 2nd November

- Guests arrive from 5pm
- 7.30pm meal together
- 9.30pm short sit before bed – noble silence starts

Saturday 3rd November

- 7am morning sit
- 8am breakfast – noble silence ends afterwards
- 10-11am pranayama
- 11.30am tea break
- 11.30-1pm yoga
- 1-2pm lunch
- 2-4pm walk/swim/outdoors
- 4pm mindful afternoon tea
- 5-6.30pm yoga/mindfulness
- 7pm evening meal
- 9pm short sit before bed – noble silence starts

Sunday 4th November

- Repeat as Saturday, ending after lunch.

Local area – Tory Bush cottages are in the heart of the Mournes, so there are plenty of walking opportunities in the hills, mountains or Tollymore forest. Cycling and wild swimming also options.

Travel is not included so you will need to make your own way to the venue. Nearer the time we will facilitate car share if anyone would like to do that.

Food – let us know if you have any dietary requirements.