

Breathing Space Summer Yoga Retreat Cumbria August 2009



Enjoy a flexible Summer Yoga Retreat in beautiful Cumbria. Come for a weekend, a 3 day long weekend or treat yourself to 5 days.

This retreat will give you the opportunity to practice in an ideal, supportive environment away from the stresses and strains of daily life.

- Release stress and tension
- Rejuvenate and renew yourself
- Enjoy a period of focused Yoga practice
- Enjoy the support and company of other Yoga practitioners
- Relax in the purpose built centre and enjoy the beauty of nature
- Find space to focus on your purpose and direction
- Experience the joy, peace and freedom that Yoga can offer
- Practice under the guidance of an experienced, dedicated and inspirational teacher

The retreat is fully residential with all vegetarian meals provided.

The cost includes accommodation, vegetarian meals and group Yoga classes.

Accommodation is in spacious en-suite shared rooms. Couples can share a room.

There will be free time to relax, practice, study, socialise, read or walk.

For an additional charge you can have 121 lessons with Steve or a Yoga Ayurveda Massage Session.

A sauna is available for your use during the retreat.

Daily Schedule

7am	Morning Yoga Practice
8.30am	Breakfast
10.30am	Yoga Practice
1pm	Lunch
6.30pm	Evening Meal
8.30pm	Evening Practice

Venue

The Haybergill Centre
Hayber Lane, Warcop, Appleby
Cumbria, CA16 6NP
www.haybergill.co.uk



A purpose built retreat centre, The Haybergill Centre is hidden in the picturesque Upper Eden Valley, near the market towns of Appleby & Kirkby Stephen. Nestled into the Pennine fells, it is remote from the busy world and yet easily accessible.

Dates and Costs

You can attend the retreat for 5 days, 3 days or a weekend.

Tuesday 18th August 6pm – Sunday 23rd 4pm **£395**

Thursday 20th 6pm - Sunday 23rd 4pm **£245**

Friday 21st 6pm - Sunday 23rd 4pm **£175**

A **£45** non-returnable deposit secures a place.



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www.harmonyyoga.co.uk



Booking Form

I would like to book a place for the
Breathing Space Summer Yoga Retreat
Cumbria
August 18th-23rd 2009

Name:

Address:

Post Code:

Phone:

Mobile:

E-mail:

If you wish to share with a friend or partner please give their name here.

Name _____

Please select your retreat option

- 5 Days, August 18th-23rd £395
- 3 Days, August 20th-23rd £245
- Weekend, August 21st-23rd £175

Send this form with a cheque for your deposit (**non-returnable**) for **£45** payable to
Harmony Yoga Ltd

to
Harmony Yoga
7 Welsford Avenue,
Wells,
Somerset, BA5 2HX

You will receive full instructions on what to bring, together with directions to the venue and the course schedule.

I understand that the deposit is non-returnable and that after my full payment has been made on 7/08/2009 no refunds will be given. Signature _____

You may wish to take out insurance to cover yourself against losses if you are unable to attend. If you have existing travel insurance, it will probably cover you. Please check with your insurer. You could take the option to insure with Bordengate Insurance Brokers. You can do this on line at very low cost at www.bordengate.com