

Holycombe Retreat Centre

Holycombe is set in a wooded valley on the edge of the Cotswold village of Whichford. Set in six acres and built in the grounds of a Norman Castle,



it has a water-filled moat, a habitat for carp and dragonflies. A natural stream rises from a holy well in the nearby

wood, running through the grounds to a waterfall. The sound of running water adds to the sense of peace and tranquillity.

A coppice provides shady outdoor space with a campfire area and a large stone circle on the castle site. Across a meadow is the ancient Whichford wood with many rare species of trees and plants, an abundance of wood anemones, primroses and bluebells in spring. Wildlife abounds: everything from Muntjack deer to polecats and kingfishers.



Accommodation is either in double, twin or single rooms with a limited number of en-suites. Please indicate your preference. Allocation is on a first come first served basis. There is a single supplement of £20



Please bring your yoga clothing and equipment, a top and bottom sheet, pillow cases and towel, toiletries and indoor shoes. Laundry can be provided at £10 pp.

The yoga and mindfulness weekend

Suitable for those who have already done some yoga and seeking an immersive experience away from the usual demands of daily life.

Hugh's teachings are of great simplicity. This simplicity applies to the asanas as well as to all the other aspects of yoga, both on and off the mat. His keys are bandhas and breath as a tool of self teaching, self correcting and self healing. It is hugely suitable for Yogi's of all abilities including those working with injury or restrictions in the physical body. Catherine Chichester Yoga Teacher



"You've changed my yoga. Explanations very easy to understand and were all very useful" Michi Naomoto Chinese Medicine Practitioner.

Your method of teaching has opened up my practice so much. With its emphasis on bandhas, relaxation and balance I have found a gentleness of approach which has led me deeper than ever before into the spirit of each posture and into my own outlook on yoga and life. Juliette Glazebrook Yoga Teacher

Schedule

Friday (Arrive from 5pm)

5 pm Tea, homemade cakes and biscuits
6.15pm – 7.15pm Yoga: Exploration the meaning of balance
7.45 pm Supper (bring a vegetarian dish, savoury



or sweet to share)
9.30 – 10pm
Meditation: Relaxing Body Scan.

Saturday

8.30 – 10.30 am Using Intention & awareness to remove the need for struggle and force.

11 am Brunch (Vegetarian)

1.00-2.00pm: Finding Balance in Meditation
2.30 pm Tea and homemade cake and biscuits
4.30-6.30pm Effortless backbends and weightless inversions, overcoming obstructions and aversions.

7pm Supper (Vegetarian)

9.15-10 pm Guided Mindfulness Meditation: releasing deep seated tension.

Sunday

8.30- 10.30am
Yoga: Listen to your mind to release your body

11am Brunch (Vegetarian)

2pm – 3.30pm Mindfulness: Bringing it all together.

4.00pm Tea and homemade cake and biscuits

5pm departure

(Schedule may change)



Booking & payment

Deposit* required with booking	£95
1 st instalment due by 10 th Feb 2012	£65
2 nd instalment due by 10 th March 2012	£65
Total price	£225

(Includes all meals (vegetarian) Saturday and Sunday and all Yoga classes Please bring a vegetarian dish to share Friday evening).

Please make cheques payable to H. POULTON and send with your booking form to 4 South Street, Middle Barton, Chipping Norton Oxon OX7 7BU or contact by email for more payment options and email your booking details to hugh@yogaunlimited.co.uk

Booking Form:

Name

Address

Post code

Email

Phone

Payment enclosed £

Please state any special dietary requirements (e.g. vegan)

*non-refundable

Hugh Poulton

Hugh has practised yoga and meditation since 1981, taught by world class practitioners in Asia and Europe. He continues to study, and began teaching in 1995. An Experienced Registered Yoga Teacher (E-RYT) with the Yoga Alliance with some 5000 hours of teaching experience. Hugh is also taught Mindfulness (MBCT) for the Oxon and Bucks Mental health trust as well as working privately.



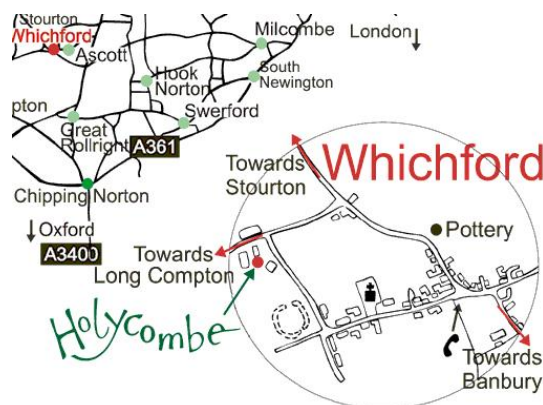
Contact & booking

Book directly with Hugh:

Tel. 01869 340335

Email hugh@yogaunlimited.co.uk

www.yogaunlimited.co.uk



For detailed directions please see

www.holycombe.com . Tel: **01608 684239** or email enquiries@holycombe.com



Restoring Balance

through Yoga and Mindfulness

A Weekend Retreat

March 16th – 18th
£225

Holycombe



Whichford, Shipston-on-Stour
Warwickshire CV36 5PH

A weekend of yoga, meditation,
relaxation, home cooked food
and log fires.

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email hugh@yogaunlimited.co.uk