

Devon Retreat Programme

06 – 10 August 2018

The Old Pavilion, Honiton, Devon EX14 9TT

Mon

- from 10.00 arrive + bring a picnic lunch with you
- 15.00 - 17.30 **yoga and embodied mindfulness:** why mind's movements matter, what the breath's got to do with it and body basics – you are how you sit/stand/move
- 18.30/19.00 supper
- 21.00 – 22.00 **embodied mindfulness:** exploring how your body is a map of your mind

Tues

- 9.00 – 12.00 **yoga core principles:** using 1st and 2nd brain intelligence in movement
- embodied mindfulness:** exploring how your body is a map of your mind
- 12.15 brunch

Wed

- 9.00 – 12.00 **intelligent strength in yoga:** exploring in movement why mobility, stability and flexibility are integrated body and mind experiences
- embodied mindfulness:** walking with kindness, soft steps
- 12.15 brunch

Thurs

- 9.00 – 12.00 **the confidence to be imperfect in yoga:** learning to float through transitions; let go of outcomes and shapes; lengthen, widen and open to spaciousness
- embodied mindfulness:** turning towards the difficult
- 12.00 brunch

Fri

- 9.00 – 12.00 **effortless effort in yoga:** using intelligent strength to move with ease, mind's attention and the natural energetics of the body
- embodied mindfulness:** developing kindness through the body and mind
- 12 depart

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