

## Yoga and Meditation Retreats 2019

**October 17 - 21** ...Pat Bell, Jo Pelly, cook Josie Cowgill

**December 23 - 27** ... Heidi Smith, Jo Pelly, cook Josie Cowgill

QUIETNESS; these events are 'retreats', rather than 'workshops'. precious opportunity to find inner quietness, detaching from the talkative modes of normal social life. Some days held in silence.

FITNESS; retreat programme suitable for functionally fit people with some yogic experience.

People who are a bit stiff or not yet adept can benefit if they understand that each of us progresses in our own way along our particular yogic process.

PRANAYAMA; helps to qualify the mind for meditation, & awakening awareness

MEDITATION SESSIONS; Jo elucidates aspects of yoga philosophy which give rise to the practices. A formal sitting meditation posture is encouraged - some people prefer to use a chair.

Sitting periods are not longer than about half an hour, or are interspersed with walking meditation.

Breath-watching is the basic practice, plus several other techniques such as visualisations and "Awareness" exercises.

NATURE; Dartmoor National Park. As we encounter the deep essential core of life & beauty in trees, rocks, rivers, birds, wild animals, our attention is drawn into essential stillness .

WALKS; up on the Moor suitable for people who can manage rough ground, (some walks will be about two and a half hours, or longer depending on the weather). Some people prefer shorter strolls along the lanes. Please bring outdoor clothing, woolly hat, stout footwear.

WATER-COLOUR PAINTING; optional. Gouache, brushes and paper are provided .

PLEASE BRING YOUR SHEETS, duvet cover, pillowcases & towels  
or pay £15 to have your bed made up for you.

Delicious vegetarian food, with professional cook. Single rooms - Four nights, nearly five days.

OCTOBER - £370 ensuite . £330 standard. £310 economy.

DEC - £430 ensuite . £390 standard. £350 economy.

Daily Schedule , may be modified

7.00 Pranayama - Breakfast

9.30 Meditation with short talk/instructions - Tea break

10.45 Hathayoga - 1.00 Lunch

afternoon; painting, walking or free time

5.00 Restorative yoga, meditation - 6.45 Supper. after supper, something else.

Arrival - please arrive by about 4.00 pm in time to settle in before first session Hatha yoga 4.45 pm

Departure - after lunch on the last day

Taxi Share -we can put you in touch with others arriving at Totnes between about 2-3pm,

For more information and booking please contact Josie cowgill [josiecowgill@googlemail.com](mailto:josiecowgill@googlemail.com)