

Wake up to Winter with Fire, Form and Flow

A Weekend Yoga Retreat at Tilton House

When: 4 - 6 November 2011

Where: Tilton House, Firle, East Sussex

Cost: £295 or 'early bird' price of £280 if you book and pay deposit by 30 June 2011



Let's face it yogis.....November can be a dreary month. Life can become hectic in the run up towards the festive season and with less daylight we can begin to feel a little drained and less than our best. So why not join me at the wonderful Tilton House to blow away the cobwebs of winter and warm up to winter wellness.

The Yoga

Our theme for the weekend will be fire, form and flow!

Spice up your November with this weekend of warming vinyasa flow and restorative yin yoga for all. Weather permitting; yoga will be in the yurt, warmed by the wood burning stove. Build heat and stamina through creative, fun and energising Yang Yoga flow then release into stillness with deep Yin Yoga.

As the skies light up with the sparkle of fireworks, stoke your own inner fire and boost your immunity to beat the chills. There will be several yoga sessions (around 9 hours practice) spread over the weekend and plenty of free time for bracing cliff-top walks or holistic treatments.

In the evenings after a splendid dinner you are free to chill out or gather around the log fires indoors, or where possible outdoors, for storytelling under the stars.

Non- Yoga participating partners are welcome to come along and enjoy chilling out in the comfort of the house, the many beautiful walks in the area or the heady delights of Brighton. You are free to attend some, all or none of the yoga sessions!



The Venue

Tilton House, an amazing Georgian house, now retreat centre, is around 20 minutes drive from Brighton. Nestling close to the South Downs Way with far reaching views to the Sussex Weald it is the perfect setting for my winter weekend retreat.



The rooms are all individually and stylishly furnished and very comfortable. Accommodation is in shared twin or triple rooms. A couple of single rooms may be available at an extra cost. The chef will provide us with delicious, locally sourced and organic vegetarian food.

A range of holistic treatments can be booked to further enhance your well being.

See the website for further information www.tiltonhouse.co.uk

Getting there

Arrival is possible from 5pm on Friday and we leave around 4pm on Sunday afternoon. Full travel directions are available on the Tilton House website.

Arrive by car, or travel by rail from London Victoria to Berwick (on the Lewes line) which is around 2 miles from Tilton from where you can take a taxi.

Booking and Payment

A deposit of £80 will reserve your place with the balance to be paid by 30 September. Please note that deposits are non refundable. Email or call Julie to reserve your place. See the website www.yogalighthouse.co.uk

The cost includes the accommodation, yoga sessions, dinner on Friday, breakfast, lunch and dinner on Saturday, breakfast and lunch on Sunday.

