

WEEKEND YOGA and WALKING RETREAT TILTON HOUSE  
EAST SUSSEX KERRY MORGAN

A transformational healing weekend

20<sup>th</sup> - 22<sup>nd</sup> April 2012 FULL

NEW DATE ADDED !! SEPTEMBER 21-23rd 2012

[www.kerryskarmayoga.co.uk](http://www.kerryskarmayoga.co.uk)



COST £299.00 ALL INCLUSIVE

(\*massage optional extra)

योग: चित्त-वृत्ति निरोधः

Yogas citta vritti nirodhah

In moving away from our familiar surroundings and busy lives, retreats afford us the opportunity to see accumulated habits and displacement activities dissipate. These externalised habits builds walls between ourselves and our experience, perpetuated by external consciousness. By removing ourselves from familiar surroundings we are able to reveal our true nature our Brahma or Buddha selves our natural state of being, a state of joy, pure bliss consciousness.

#### About the House

*Tilton House is a beautiful house in a magical peaceful location in an area of outstanding natural beauty. Nestled underneath the gentle folds of the South Downs and edged with woodlands with far reaching views across the Sussex Weald. The Georgian country house was once home to economist John Maynard Keynes and his Russian ballerina wife Lydia Lopokova. I fell in Love with the house the moment I stepped inside, Its wonderful energy warm welcome and beauty all add to the magic.*

*I have outlined an agenda for the weekend our inclement weather may mean that I will need to make minor changes during the retreat, I will work with the group dynamics as much as possible and only make changes where necessary. Full details of tilton house can be found on my website.*

## The Weekend Agenda

- Arrivals will be from 5p.m on Friday the 20<sup>th</sup> April /21<sup>st</sup> September You will be allocated your rooms on arrival. Directions to Tilton House are available to download on their website. [www.tiltonhouse.co.uk](http://www.tiltonhouse.co.uk)
- You will have time to rest before a gentle yoga class at 6.30p.m until 7.30p.m.
- Dinner will be served at 8p.m. You may purchase wine if you would like a wine list is available.
- After Dinner you can relax and retire at you leisure.
- Saturday Mornings Yoga will commence at 7.30a.m until 9.00a.m with Vinyasa Style Yoga to build an appetite for breakfast.....which will be served at 9.00a.m. If you find it difficult to practice on an empty stomach please have something light such as fruit prior to the class , water or herbal teas are fine.
- After breakfast you may spend your time exploring the gardens, reading in the library or take a long walk on the Downs before lunch. Lunch will be served around 12.30pm until 1.30p.m
- \*Thai/Ayurvedic massage will be available throughout the day .Please book a time that suits you and not too soon after your meals.
- The early evening yoga will take place at around 5p.m and will be a Yin Style Practice until 7p.m .Our evening meal will be served at 8.00p.m.
- Sunday Morning Yoga will be at 8.00a.m until 9.30a.m. Breakfast will be served at 9.30am , a little later than Saturday.
- You have free time to walk, rest, read or \*book your Thai/Ayurvedic massage. Lunch will be served at 1pm and the restorative afternoon yoga will be at 3.30pm until 4.30p.m.
- Departure on the 22nd April /23<sup>rd</sup> September at 5p.m. Farewells and home.
- You are free to do as much or as little yoga practice as you wish. All sessions are optional.

*all of the above is subject to minor changes*





## About Kerry

I sometimes wonder how something that started as a bid to alleviate stress turned into a full time job. My love of yoga grew and I spent more time practising yoga and less time focusing on my then stress fuelled job in Corporate Sales and Marketing.

I am now a full time Yoga teacher, advanced reflexologist and Healer (trained with the Institute of International Holistic Therapists) with nine years of experience. Accredited by and registered with: Yoga Alliance 200, Yoga Academy and British Wheel of Yoga. I teach adults and children all over Kent, run workshops for the Healthy Schools programme, the Foster Services Associates as well as weekly classes in conjunction with the Phoenix Prison Trust (teaching Yoga and meditation in local prisons). I presented a thesis to the Yoga academy in 2007 on Yoga as an alternative to psycho stimulant drugs for children and young adults with ADHD. I try to incorporate my findings from that thesis when teaching vulnerable groups.

I teach a Vinyasa flow style of yoga with a Ying and Yang influence drawing upon the teachings of Sarah Powers Paul Grilley and Simon Low (with whom I did my teacher training) I thank Maharishi Mahesh Yogi for his great wisdom and truth and Mark Whitwell with whom I have had the privilege to practice. I personally practice at the Jivamukti Centre when ever I can and thank David Life and Sharon Gannon for there inspirational teachings .....and for allowing the spirituality of Yoga to be openly embraced.

I have studied the maharishi teaching of transcendental Yoga for 12 years incorporating the study of the ancient Yogic text, the Yoga sutras Upanishads and the Bhagavad-Gita.

My aim is to pass on the benefits of Yoga in a safe and inclusive manner. My teaching focuses on developing healthy body mechanics, awareness of the breath (pranayama) and an awakening of our subtle energies to balance and strengthen the body, together with deep stretching to release tension from deep within.

I seek to include not exclude, making my Yoga suitable for all levels regardless of age, injury and flexibility - from beginners to intermediate. My sessions are fun and challenging, including Asanas (postures) pranayama (breath work) and yoga nidra (deep relaxation) to promote holistic well being, strength and flexibility of body, mind and spirit. My teachings are diverse - from special needs children remedial students with cancer to Yoga Holidays in the Spanish mountains, Turkey, beautiful country retreats in the United Kingdom and Northern India. More details of my workshops and retreats can be found on my website. If you wish to contact me please e mail [kerry@indigoholistics.co.uk](mailto:kerry@indigoholistics.co.uk) or call 07990762231 office hours only for calls.

I look forward to teaching you soon, Namaste Kerry x