



# Weekend Yoga Retreats with Michelle Cross

**20-22 July 2012**  
**5-7 October 2012**  
**Tilton House, Sussex**



**Treat yourself to an all-inclusive weekend of Yoga, relaxation and exploration in the soul-stirring, awe-inspiring natural setting of the South Downs.**

**Heal your body, clear your mind, renew your spirit...**

We all need time for ourselves, to get away sometimes to recoup from life's hectic times, stresses and strains. Our minds become cluttered with noise and repetitive thoughts, and our bodies ache and feel weighed down with worry...



Due to popular demand I am offering two retreats in 2012. My Yoga Retreat is designed to help you renew, come back to yourself, clear your mind and help bring you into the present moment, restoring your sense of calm and purpose. I'll help you rejuvenate your body, revive tired spirits and connect with your heart, leaving you ready to return to everyday life with renewed spirit.

### **Experience the energising power of Flowing Hatha Yoga**

I teach Vinyasa Flow Yoga, which guides you to deeply connect with your breath, listen to it, feel it and mindfully move through the postures with grace and alignment, to experience yourself not just in your body, but your heart, spirit and let go of the mind. My practice and teaching is influenced strongly by Anusara Yoga as well.

Whether you are a beginner, intermediate or advanced, my focus is to create the ultimate experience for you, through an individualised and compassionate approach to adjustments and nurturing encouragement, helping you to align more. I draw from different styles of Yoga including *Hatha*, *Vinyasa*, *Anusara*, balancing the dynamic power and flow, with the softness and stillness of Yoga for a meditative practice.

**"This retreat is suitable for all levels and backgrounds. Each person will receive individual attention, adjustments and encouragement to go beyond self-imposed limitations, connect to their essence and find joy and inner peace on and off the mat."**



### **About me**

I like to think of myself as an inspirational and motivational Yoga teacher who strives to bring out the light in every person; whose passion for Yoga is apparent in her classes and shines through as an intense desire to help others feel the Grace of Yoga that transformed her life and continues to do so.

### **Feedback from the 2010 Tilton House Retreat**

*"I felt I was able to get the most out of the postures in a setting where I felt comfortable enough to push past my limitations or work within them without any pressure or judgement."*

*I really learned something about my body and how breathing through the poses allowed me to go deeper."* **Gloria Miller**

*"The Yoga practice was a chance to really explore Yoga in more depth than I have ever done before"*

**Kirsten Shirke**



Spanning over 20 years in the health, wellness and fitness industries, I started as a conventional fitness instructor, then retrained in various healing therapies and massage. Inspired by the curative power of the mind and body working together, I went on to train as a Yoga teacher and am certified by the Yoga Alliance. I continue to learn and grow through Yoga traditions, so I pass this knowledge and experience on to you. I am currently on going training with Anusara Yoga the heart orientated practice that I blend with Vinyasa Flow.



I delight in seeing people enjoy themselves in class, resonating with their heart and moving from their inner radiance; seeing them glow during and, especially, after class. I observe them daring to dig deeper, expand from and conquer the limited concept of themselves to reveal their true innate potential. For me, this is an honour and a privilege, especially when they share their experiences with me.

***"For me it is a pleasure to share a practice that has the potential to change your life, as it has mine..."***

***I am inspired by those I teach and in turn I hope to inspire you to find your Yoga!" ॐ***

### About Tilton House



Just one hour away from London on the train and twenty minutes from Brighton, Tilton House is an imposing Georgian country house set underneath the South Downs and edged by woodland with far reaching views across the Sussex Weald.



Once home to economist John Maynard Keynes and ballerina Lydia Lopokova as their retreat for contemplation and calm, Tilton House offers expansive gardens that are ideal for meditative walks and the surrounding forest is perfect for exploring. Charleston Farmhouse, home to the Bloomsbury set, shares the same private road, which winds into a network of footpaths that is the South Downs Way. Walk up onto the Downs and find breathtaking views over the English Channel.



**Getting there:** There is a regular train service from London Victoria to Berwick, and transfer from the station to the house will be available. You will need to make your own travel arrangements, however assistance will be provided to car share, etc. For additional information, visit <http://www.tiltonhouse.co.uk>

### The Yoga Yurt

Our Yoga sessions will take place in a beautiful outdoors Yurt room situated in the beautiful gardens. It has wooden floors and a wood burning stove so it remains warm & toasty, whatever the weather!



### The Accommodation

The house was simply deLIGHTful, and all seven bedrooms were decorated using natural materials. Every room has plenty of character and all have views over either the Sussex Weald or Downs



Accommodation offered is twin, triple or double, with a limited number of single rooms available, and subject to an additional supplement.

### Meals and Refreshments

Delicious vegetarian meals are lovingly prepared, using organic and home grown produce. Herbal teas, coffee and snacks will be available throughout your stay.



## What to expect

We will start at 5pm Friday and finish after lunch on Sunday. However you are welcome to stay until 5pm on the Sunday to relax before returning home...

- 🌀 Four 2+ hour Yoga sessions, plus a Yoga Nidra (deep relaxation) session on Friday evening & Sunday afternoon
- 🌀 Two early morning sessions of Meditation and Pranayama (optional)
- 🌀 Dynamic, uplifting morning classes and restorative evening classes, depending on the groups' needs
- 🌀 Six healthy, organic vegetarian meals, and a constant supply of tea, coffee and healthy snacks
- 🌀 Transfers to and from Berwick station
- 🌀 As many, or as little, walks as you want around the beautiful countryside
- 🌀 Use of the tennis court if you're feeling energetic – weather permitting!
- 🌀 Lounging and chilling in the wonderful sitting room in front of an open fire
- 🌀 Use of library's eclectic selection of books



**Places are limited; book now to save your place!**  
**ONLY £300 when booking before 30<sup>th</sup> April for July or 30<sup>th</sup> July for October**  
**- £335 thereafter**

**To make a booking or for more information contact Michelle on:**  
**07956 127366 or [info@yogarelay.co.uk](mailto:info@yogarelay.co.uk)**

Single supplement for the weekend £100

### The Programme

#### Friday 7<sup>th</sup> October

- 4:00 pm Arrival – settle in, freshen up
- 5:00 pm Introductions followed by our first **Yoga Session** and **Yoga Nidra**
- 7.30pm Dinner then free time; a good time to explore the delights of this beautiful house

#### Saturday 8<sup>th</sup> October

- 7:00 am **Pranayama** and **Meditation**  
Optional session for early risers
- 7:30 am Breakfast
- 10:30am **Yoga Session**
- 1:00 pm Enjoy a delicious lunch, then free time for walks, talks, log fires, treatments, sleeping...
- 4.30pm **Yoga Session**
- 7.30pm Dinner

#### Sunday 7<sup>th</sup> October

- 7:00 am **Pranayama** and **Meditation**  
Again, optional for early risers
- 7:30 am Breakfast
- 10:30am **Yoga session with Yoga Nidra**
- 1:30 pm Lunch

Afterwards, you are welcome to stay and relax or make your journey home

### Testimonials for my 2011 Tilton House Retreat...

Lisa Fairclough

*"Thank you so much for a totally amazing Yoga retreat. You are a truly inspiring Yoga teacher, so much so that I have found time to do some practice every day this week, which is feeling fantastic."*

Lisa Lee "Loved it"

Teri Dawkins

*"Thank you for the most amazing and up-lifting weekend. It has opened my heart to new ways of seeing, new possibilities, and new beginnings.... An unexpected gift of the weekend was my introduction to meditation. I had no idea how powerful this could be for me and how restorative. Woke up this morning and sat in quiet meditation for 30 mins....Much love Teri xx"*

Felicia Smith Kleiner

*"Perfect balance of practices, guidance and adjustments for everyone – never seemed intrusive nor felt abandoned or overlooked – the Tree Postures with partners were really Great! Thank you for a great 1<sup>st</sup> experience of a retreat"*

Deepi Sekhon

*"Thanks for such a lovely uplifting, heart opening and powerful weekend - it was really amazing and will definitely do again!! Such lovely people to be surrounded with.....:-) xx"*



***"I look forward to welcoming you at Tilton house and from my heart ♥ sharing the power of Yoga with you!"***

***Om Shanti, 🌀 Michelle"***