

Retreats

2012 Summer Weekend Yoga Retreat

at Tilton House in East Sussex

Friday 29th June – Sunday 1st July 2012



Come and join me for an inspirational, uplifting and relaxing weekend of Yoga in this most beautiful, magical place to deepen your yoga practice, meet with friends and connect with yourself.



Venue



Nestled underneath the South Downs and edged by woodland with far reaching views across the Sussex Weald, [Tilton House](#) is the perfect getaway to relax and find calm and contemplation.

The elegant and secluded Georgian country house sits in stunning, extensive grounds with a number of unique yards and verandas, plenty of workshop space and a network of country paths. Yoga will be in a large Yoga Yurt with a wood burning stove (weather permitting), a few steps away from the house in the idyllic, enchanting gardens, surrounded by trees; perfect for the practice of yoga.

Things To Do

5 yoga classes, including:

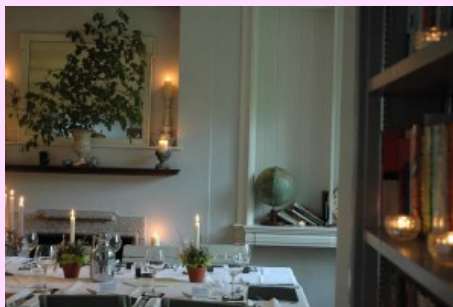
- [Yogaflow](#)
- [Yin Yoga](#)
- [Yoga Nidra](#)
- [Meditation](#)
- [Pranayama](#)
- [Chanting](#)



There will be plenty of free time to explore the beautiful surrounding English countryside on sea view walks leading from the house; visit Charleston Farmhouse just down the lane; play tennis or table tennis; relax in one of the many hammocks; curl up with a book in the library or in one of the two lovely sitting rooms or rejuvenate with a holistic treatment by Justine Evans (Reiki Healing, Massage, Lymphatic Drainage and Reflexology all need to be booked in advance at an extra cost).

The retreat is open to all levels of practitioners.

Please note that there will be 3 cats and one beautiful good natured dog on the premises, but nowhere near the practice space or bedrooms.



Schedule

Friday, 29th June	Saturday, 30th June	Sunday, 1st July
17:00 - Arrival	07:30 - Yoga, Pranayama	07:30 - Yoga
18:00 - Yoga	08:30 - Breakfast	08:30 - Breakfast
19:30 - Dinner	10:00 - Walking Meditation	Free Time
Free Time	Free Time	13:00 - Lunch
	13:00 - Lunch/ Free Time	15:00 - Yoga
	16:00 - Yoga & Yoga Nidra	16:30 - Tea and Talk
	18:30 - Dinner	17:00 - Departure
	20:00 - Open fire	

Getting there

Couldn't be easier, Tilton House is just over an hour away from London and 20 minutes from Brighton by car (we will encourage you to do car shares where possible and will assist in the organisation of it)

There is a regular train service from London Victoria to Berwick Station, pick-ups from there and back can be arranged with our hosts.

Cost

£325 for the weekend, which includes 2 nights of shared accommodation in lovely, cosy rooms, double or triple, with beautiful views from every bedroom (£60/weekend extra for single occupancy).

6 delicious vegetarian meals (a selection of vegan and raw food dishes) freshly prepared with home grown organic produce from the kitchen garden.

All day supply of tea, coffee and snacks.

Use of the tennis court (rackets and balls supplied), table tennis, library, and of course all yoga sessions.

Booking

Places are limited on this gorgeous retreat, so please book early to avoid disappointment. To book your place or for more information, please [contact Muriel](#).

To secure your place a non-refundable deposit of £165 needs to be paid by cheque and the remaining balance before the 25th May 2012.



Location

Tilton House
Firle
East Sussex
BN8 6LL

