



Weekend Retreats with Sally Parkes: Yoga, Pilates & Meditation

Join Sally Parkes, for a weekend retreat at the beautiful Tilton House, nestled underneath the South Downs and edged by woodland with far reaching views across the Sussex Weald. A wonderful blend of Yoga, Pilates and Meditation which will leave you feeling relaxed and rejuvenated.

Dates:

New Year Detox: 4pm Friday 27th Jan - 4pm Sunday 29th Jan 2012
Spring Detox: 4pm Friday March 30th - 4pm Sunday 1st April 2012
Summer Detox: 4pm Friday 8th June 8th - 4pm Sunday 10th June 2012
Summer Detox: 4pm Friday 10th August - 4pm Sunday 12th August 2012
Autumn Detox: 4pm Friday 2nd November - 4pm Sunday 4th November 2012

About Sally

Sally has teaching since 1998 and has a wealth of experience in both yoga and Pilates and has studied in India, Thailand and the UK. Now based mainly in London, Sally teaches people from all walks of life and prides herself on making yoga and Pilates accessible to everyone regardless of age, ability or experience. As the founder of The Exercise Therapy clinic on Harley Street, Sally also presents master classes and workshops at various health and well-being conferences including The Yoga Show and The Vitality Show, and has written articles for a number of health and fitness magazines as well as being Technical Expert for www.yoga-abode.com.



About the retreat

The perfect place for a relaxing retreat from daily life, Tilton House offers a yurt for yoga during the summer as well as an indoor yoga room for when the weather is cooler. There will be time and space for relaxing with the sounds of nature under the trees in the garden, walking up on the Downs and evening stargazing in this truly inspiring place.

Classes are suitable for beginners to advanced levels and include both Hatha and Dynamic Yoga, with a focus on detoxification, as well as strengthening Pilates Matwork and calming guided meditation. Please note that if you have any injuries or illnesses and/or conditions Sally is happy to adapt the yoga postures or Pilates exercises accordingly.



Wherever you eat your meals, you get a view of the South Downs. The delicious, nutritionally balanced, vegetarian meals are prepared fresh by the chef using as much from Tilton House's vegetable gardens as possible. Fresh fruit and vegetable juices twice daily help a gentle detox. This is a great way to kick start a healthy eating plan. Vegan diets, food allergies and intolerances are catered so please let us know your requirements beforehand.

Typical Retreat Schedule

Friday	Saturday	Sunday
4pm: Arrival at the beautiful Tilton House, your home from home for the weekend 6-7.15pm: Welcome and Hatha Yoga Class 7.30pm: Dinner 8.30-9.15pm: Yoga Nidra (deep relaxation)	7.45-9am: Energising Dynamic Yoga 9.15-10am: Breakfast 10am - midday: Free time / holistic therapies 12pm-1pm: Pilates class 1.15- 2pm: Lunch 2-5.30pm Free time to relax, walk in the countryside or see our holistic therapist 5.30-6.45pm: Hatha Yoga. 7-8pm: Dinner 8.15-9.15pm: Meditation and Relaxation	7.45-9am: Energising Dynamic Yoga 9.15-10am: Breakfast 12pm-1pm: Pilates class 1.15--2pm: Lunch Free time and farewell 4pm: Depart.

Cost and Booking

From £297 per person sharing double/twin/triple room. Limited singles available.

To book please contact us on megan@sallyparkesyoga.com or 07967 388 363 or visit www.sallyparkesyoga.com

