



Spring Yoga Retreat with Vera Dubrovina-Thompson (Tilton House, 11-13 May, 2012)

The retreat will aid the yoga journey of each participant into the power of breath, energetic awareness and being still and present in every moment. There will be over 10 hours of tuition during the weekend as well as free time to explore the beautiful nature surrounding the retreat, play tennis or to enjoy one of holistic treatments on offer (ayurvedic, Thai, hot stone or Swedish massage). Retreat is open to all levels of practitioners, but some previous experience of dynamic vinyasa will be beneficial. Come with the open mind and let your heart guide you.

Retreat's teacher:

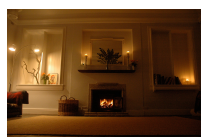
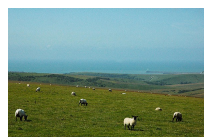
Vera has been practicing yoga since 1992 and teaching from 2004. She holds teaching diplomas from British Wheel of Yoga and Birthlight as well as specialist children teaching training from Special Yoga Centre and YogaBugs. Vera's creative approach is drawing on many traditions but heavily influenced and inspired by the teachings arising from Sri Krishnamacharya's lineage such as Viniyoga, Iyengar and Ashtanga. Her lessons are guided by her studies with Shiva Rea, Sylviane Gianina and Mohini Chatlani and are structured around vinyasa flows tuned to the individual or group needs.

Retreat's schedule:

Friday		Saturday		Sunday	
		❖ 7-7.30am	Meditation	❖ 7-7.30am	Meditation
		❖ 7.30	Breakfast	❖ 7.30	Breakfast
		❖ 9.30-12pm	Dynamic vinyasa	❖ 9.30-12pm	Dynamic vinyasa
		❖ 12pm	Lunch	❖ 12pm	Lunch
			Free time		Free time
❖ 5pm	Arrival	❖ 4-6pm	Yoga session	❖ 3-4pm	Yoga session
❖ 6.15pm	Dinner	❖ 6pm	Dinner	❖ 4pm	Tea and retreat close
❖ 8-9pm	Yoga session	❖ 8-9pm	Yoga Nidra	❖ 5pm	Departure

Retreat's venue:

Tilton House nestles underneath the South Downs and edged by woodland with far reaching views across the Sussex Weald. The house's extensive grounds, workshop spaces, network of country paths and nearby expansive views over the sea make it a perfect retreat for contemplation and calm. The house was completely redecorated in May 2007. Every room (offered on sharing basis) has plenty of character and all have views across the countryside. For more information, check the website: www.tiltonhouse.co.uk. The venue is one hour away from London by car. For eco-travellers, catch regular service train from London Victoria to Berwick station, from which you will be picked up by our hosts.



Retreat's costs:

£325 per person (£295 early bird discount if paid in full before 11 February 2012). The costs include all meals and accommodation, all yoga tuition fees and the use of facilities (including fantastic library and the all-weather tennis court). The holistic treatments are an optional extra. To secure a place, non-refundable deposit of £100 needs to be paid by cheque and the remaining balance by 1 April 2012.

To book your place, please contact Vera on 07957468895 or send email to dubrovve@gmail.com