

# Yoga Akasha's Spring Retreat

Thursday April 4<sup>th</sup> – Sunday April 7<sup>th</sup> 2019, with Sam



## Burrswood Health & Wellbeing Centre, Groombridge, Kent

Our chosen venue is perfect to enjoy some time away from all your usual busyness - set in large grounds including ten acres of beautifully landscaped gardens, woodlands and ponds which offer you a choice of walks and plenty of idyllic hideaways to simply enjoy peace, solitude or a personal retreat. Only 20 minutes drive from East Grinstead, so your precious time away is spent at our lovely venue rather than driving for hours.

### **Akasha is delighted to have discovered such an amazing venue so close to home!**

All the benefits of a retreat without the usual time needed to get there, and what a treat we are in for. There are so many places to relax and enjoy some quiet time. A lovely café with delicious homecooked delights – soup, quiche, cakes etc. The rooms are very stylish which exude peace and comfort. All have a tv, radio, wifi and hospitality tray in case you don't want to switch off completely! There is also a Christian Church to add to our sense of well-being, which can be enjoyed by all, with or without a particular Faith.

We will be staying half board, with wholesome, delicious vegetarian food. The price includes 3 x breakfasts, 3 x dinners and 3 nights accommodation, plus all the yoga classes.

Lunch can be purchased separately in the café. You are welcome to arrive as early as you wish on the Thursday, enjoy a walk, lunch in the café etc. and then check-in from 2.00. The views over the countryside are stunning!

All classes will be suitable for mixed ability, come to as many as you wish, no pressure, it is your retreat!

Schedule:

**Thursday**

Check-in from 2.00

5.20-6.20 Yoga to relax and unwind.

6.30 Dinner

8.00-8.20 Yoga nidra for a blissful night's sleep.

**Friday and Saturday**

7.45-8.45 Yoga for energy and balance

8.50 Breakfast

12.00-12.30 Meditation and Pranayama

5.20-6.20 Yoga to relax and unwind.

6.30 Dinner

8.00-8.20 Yoga nidra for a blissful night's sleep

**Sunday** – 7.45-8.45 Yoga for energy and balance

8.50 Breakfast.

Check out by 10.00am.



You are welcome to put your luggage in the car and enjoy a walk & lunch in the café before heading home, relaxed and rejuvenated.

Cost per person:

Standard single sharing a bathroom £360

Superior single en-suite £430

Superior twin en-suite £355

Superior twin, own bathroom outside bedroom £355

Superior double en-suite £355

**Early bird reduction of £50 if booked by January 31<sup>st</sup>**

If booking a twin or double room, please state who you are sharing with.

Our retreat in January filled up very quickly so please do book asap to avoid disappointment.

Any questions regarding the yoga, please email [sammyclair@hotmail.co.uk](mailto:sammyclair@hotmail.co.uk).

To book, please email [jody@yogaakasha.co.uk](mailto:jody@yogaakasha.co.uk). A non-refundable deposit of £150 will reserve your place, the non-refundable balance is due by February 28<sup>th</sup>.

In certain circumstances if you have to cancel and your place is filled a refund of 80% may be given.

Burrswood Health and Wellbeing, Bird in hand lane, Groombridge TN3 9PY

**Yoga Akasha**

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