

Yoga Akasha's Peace and Balance Yoga Retreat

Thursday Jan 3rd – Sunday Jan 6th 2019 with Jody



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 mins drive from East Grinstead, so your precious time away is spent at our lovely venue rather than driving for hours.



Schedule:

Thursday

Check-in from 2.00

5.20-6.20 Yoga to relax and unwind.

6.30 Dinner

8.30-8.50 Yoga nidra for a blissful night's sleep.

Friday and Saturday

7.45-8.45 Yoga for energy and balance

8.50 Breakfast

12.00-12.45 Meditation and Pranayama

5.20-6.20 Yoga to relax and unwind.

6.30 Dinner

8.30-8.50 Yoga nidra for a blissful night's sleep

Sunday – 7.45-8.45 Yoga for energy and balance

8.50 Breakfast.

Check out by 10.00.

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



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

New Year – New You!



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 vegetarian food. The prices below include 3 x breakfasts, 3 x dinners and 3 nights accommodation. 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!



During your freetime you can book a Thai massage or head and foot massage with Jody to further enhance your experience of relaxation and releasing tension.

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 pp if booked by September 30th

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

For more details and to book, please email Jody@YogaAkasha.co.uk or call 07956 969141. A non-refundable deposit of £150 will reserve

your place, non-refundable balance due by October 31st.

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



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Yoga
Akasha

The logo for Yoga Akasha features a silhouette of a person in a yoga pose, with the text 'Yoga Akasha' written in a stylized font.