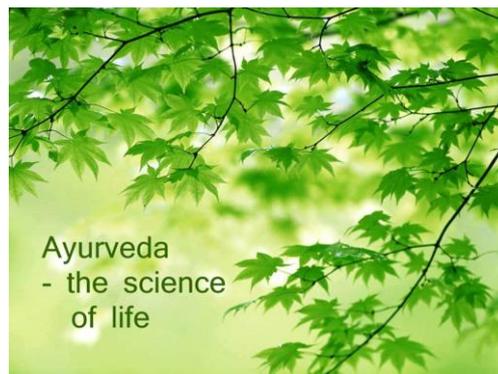




Living Well with Yoga & Ayurveda - Rejuvenating 3 Day Retreat in Dorset

19th 20th 21st February 2021



**3 days of Yoga, Ayurveda, Rest & Relaxation and Delicious Vegetarian /
Vegan Food in an Idyllic Location.**

Book Early to avoid disappointment



Relish every moment as we come together to share the joy of rejuvenating the mind, body and soul through daily yoga practice, meditation, rest and relaxation and presentations on living well with Ayurveda.



Treat yourself to:

- 3 x days and 2 x nights full-board accommodation in a beautiful eco-retreat
- Exclusive use of the venue and all facilities, including luxury heated swimming pool (see photo below)
- Option of a total of 12 wellbeing sessions including Yoga / Meditation / Relaxation classes and presentations
- Delicious vegetarian / vegan meals (mainly organic & local produce) prepared by the resident chef
- Free WiFi and parking
- Free time to explore the beautiful countryside and beach (5 mins drive away)

THE VENUE

Bonhays Retreat Centre is a magical sanctuary of calm and tranquillity, nestled in Dorset's rolling hills between Bridport and Lyme Regis, and just 2 miles from the sea. With its indoor heated pool, comfortable accommodation, valley views, and secluded location, it is the perfect getaway.





THE RETREAT

The simply furnished accommodation is of a high standard; well-equipped, with a warm welcoming feel, and clean, comfortable rooms. The main communal living space (there's more than one) has large sofas, and a wood burning stove to keep visitors cosy - with teas, snacks and fruit available in the kitchen areas at all times.



THE FOOD

Bonhays Resident Chef, Evie will be catering especially for us. Well known for her fabulous feasts and personal touch, Evie sources local, organic ingredients wherever possible, if she hasn't actually grown them herself! Her food both looks and tastes delicious: wholesome dishes that are satisfying and very tasty. Lunch and supper will be prepared for us, breakfast is self-serve. All food and drink will be vegetarian / vegan. Bonhays will do their best to accommodate additional dietary requirements such as gluten-free, with sufficient notice - so please make sure you request this when booking.

YOGA

Yoga sessions will be suitable for all levels, from beginners to seasoned yogis, and held in the Group Room - a lovely large space with a gentle, restful vibe. If the weather is kind, we may even move outside! The morning class will be more energising, with the later yoga session being softer and mostly mat-based. Meditation sessions will be offered in the morning and afternoon. Chakra meditation and Yoga Nidra are guided sessions designed to fully relax the mind body and soul. Drop-in sessions for consultation on your own practice will be available during the retreat.

PRESENTATIONS

Each presentation will focus on different aspects of the benefits of living with Ayurveda – aimed towards understanding the concept of Dosha, Agni and Ama, Diet, Daily routines and Mind Set - guaranteed to enhance your overall wellbeing.

THE TEACHER



Julia Chilcott-Coombes

BA (Hons), Phys Ed Cert, PGCE, E-RYT-500, CYQ-YMCA Dip, FCMA

Julia is a qualified and experienced Ayurveda and Yoga Consultant as well as a full-time teacher who is committed to delivering informative practical and educational programmes that inspire the use of Ayurveda and Yoga principles in daily life. She is extremely passionate about practising and sharing the proven benefits that the synergies between the ancient traditions of Ayurveda and Yoga have on personal wellbeing.

By using Ayurveda and Yoga principles the body and mind are brought into balance; vitality can then develop. The individual is then able to perceive the true nature; this allows life to be lived more freely and spontaneously.

THE LOCATION

GETTING THERE: The address is: Bonhays Farm, Whitchurch Canicorum DT6 6RF

Car: Please refer to map below. There is plenty of parking at the centre. **Train:** Nearest station is **Axminster** - on the main London Waterloo to Exeter line. There are buses from the station to Morecombe Lake (a 20 min downhill walk away), or book ahead for a taxi from Axminster station for a cost of roughly £20. Try Axminster Taxis (01297) 34000, or BJ's 35007.

DORSET

One of the the UKs most iconic and beautiful counties, Dorset enjoys 364 more hours of sunshine throughout the year compared to the UK average and is home to the Jurassic Coast, the only natural World Heritage Site in England.



<https://www.google.co.uk/maps/place/Bonhays+Farm,+Whitchurch+Canicorum,+Bridport+DT6+6RF>

RETREAT PROGRAMME:

You are free to do as many or as few sessions as you wish.

FRIDAY

- 4.00pm: Arrival & settling in /Housekeeping & guided tour on arrival
- 5.15pm: Studio - Welcome & Introductions followed by Yoga class (Yin)
- 7.00pm: Dining Area- Light Supper & Prepare Ayurveda Style Breakfast (Kitchen)
- 8:00pm: Lounge Area - Presentation: *Intro to Yoga Veda and the Place for Relaxation in our Busy Lives*
- 9.00pm: Studio- Guided Pranayama & Breath Meditation

SATURDAY

- 6:00am: Studio- Guided Pranayama & Meta Meditation
- 6.30am: Studio- Guided Yoga Class (Vinyasa Flow)
- 7:30am: Dining Area- Self Service Breakfast
- 9:00am: Dining Area -Presentation: *The Significance of Fascia Release to Wellbeing*
- 10:00am: Free time for Rest & Relaxation
- 12.30pm: Dining Area- Lunch
- 1:30pm: Free time for Rest & Relaxation
- 4:15pm: Studio - Drop in Asana Clinic (bring your own alignment concerns or challenge postures to clinic- 1:1 Guidance provided)
- 5.15pm: Studio- Guided Yoga Class (Restorative Yoga)
- 7.00pm: Dining Area- Light Supper with authentic Indian dishes – Prep Breakfast
- 8.00pm: Outdoor Grounds- Round the bonfire gathering (Weather permitting)
- 9.00pm: Studio- Guided Yoga Nidra (Full Body Mind & Soul Relaxation)

SUNDAY

- 6:00am: Studio- Guided Pranayama & Meditation
- 6.30am: Studio- Guided Yoga Class (Vinyasa Flow)
- 7:30am: Kitchen - Self Service Breakfast
- 9:00am: Dining area – Presentation -*Planning our Personal Dinyacakra & Reflection*
- 10:00am Free Time or extra Guided Meditation Session
- 12.30pm: Dining area Lunch
- 1:30pm Studio: Feedback & Goodbyes
- 2.00pm: Departure

* Please note, the programme may be subject to change



BOOKING INFORMATION

All prices are **per person** and include all meals, accommodation, linen & towels as well as all classes and presentations.

There are a range of room options. -

2 adjoining Straw Cabins: £325 pp

Twin Bunk room and Double bedroom (up to four sharing in each cabin)

Each cabin includes

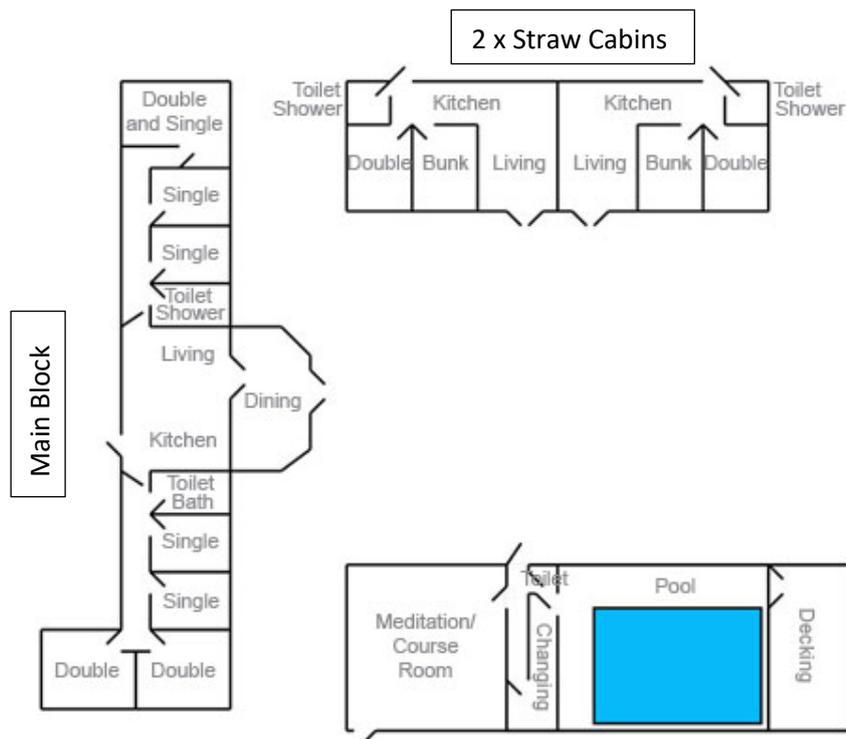
- 1 double bedroom (2 sharing)
- 1 twin bedroom (2 single bunk beds)
- Private shower and loo
- Private galley kitchen and diner/sitting room
- Lovely verandas overlooking the hills

Main Block:

Large Triple Room £285 pp (up to three sharing): with 1 double & 1 single bed.

Single Room £349 (sole occupancy): with single bed. (4 rooms available)

Large Single Room £379 (sole occupancy): with double bed. (2 rooms available)



(NOT included in the price: Travel to and from the venue, and travel insurance)

You can confirm your place by paying a £200 non-refundable deposit, OR the full amount. Any remaining balance is due 12 weeks before the Retreat **by February 28th 2020**. To **BOOK** please email your preferred choice of accommodation; payment details will be forwarded.

yogavedaukhub@gmail.com

THE ROOM OPTIONS



Large Single Room



Single Room



Large Triple Room



Twin Bunk Room



The meditation centre and pool entrance