



# Yoga Weekend

## **About the retreat**

In these retreats the yoga bodywork will be presented as an integral part of meditation practice, both mutually supporting and augmenting one another. The classes will be taught from fundamental working principles and can be enjoyed by people with any level of experience. The retreat will be suitable for beginners to yoga though if there are more experienced yogis on the retreat we may have an intermediate level group for them. The style of yoga taught on these retreats varies according to the teachers.

We do not assume that you will know how to meditate and will teach you two simple meditation practices from the Buddhist tradition, one of which helps us to become calmer and more concentrated and the second of which helps us to develop positive emotions such as confidence, friendliness, and the ability to empathise with others.

## **Is there anything special I need to bring?**

Loose, comfortable clothing for yoga and meditation.

## **What can you expect from the programme?**

There will be a programme of meditation consisting of three short sessions of meditation each day for about 20 - 30 minutes. There is generally one two-hour session of yoga a day in the morning and some free time each day so that you can explore the beautiful countryside around the retreat centre. In the evening there are often talks and opportunities for discussion or to ask questions. There may be short periods of silence introduced as the retreat progresses.

## **About the retreat team**

These retreats are led by experienced members of our teaching team.