Weekend Yoga Retreat

Oxon Hoath, Oxon Hoath Road, Hadlow, Kent, TN11 9SS

Fri 4th - Sun 6th October 2013

With
Alan Sweetingham, Karin van Maanen, Lina Newstead & Natasha Calia
The aim of our yoga retreat is to provide a complete break from your daily routine and a unique opportunity to relax and rebalance your energies.

This weekend may form an introduction to yoga, or can enable you to develop your existing practice. Our extensive programme embraces the specialities and skills of four diverse tutors who will be sharing their insights and different styles of yoga covering asana workshops (posture work), pranayama sessions (breathing practices), meditation practices and relaxation sessions. There will be classes and workshops on offer from early morning till late evening and you once you have received your full programme in advance of our retreat, you may book sessions that you wish to attend.

You will also be offered a nurturing holistic treatment of your choice from our treatment menu. Additionally, we encourage you to enjoy one of our guided walks in the magnificent countryside surrounding the estate as well as spend time relaxing and unwinding in this wonderful setting.
Our Venue and Location

Oxon Hoath is situated just outside Hadlow, near Tonbridge.

It is very accessible, from London - it is about a 30 minute journey from from junction 5 of the M25 and M26. From East Kent it is only a 20 minute drive from junction 4 on the M20. There are good rail connections to Tonbridge from London Bridge, Charing Cross, East Croydon or Gatwick.

Photo of one of our previous retreats

Oxon Hoath was built more than 600 years ago and is set in 73 acres of woodland and beautiful tranquil gardens that are a joy to explore.

Photo of one of our previous retreats

Oxon Hoath offers some of the most elegant, luxurious, and spacious retreat accommodation available in the South East, some with stunning views. The range of accommodation caters for all budgets.

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Retreat tutors

Alan Sweetingham (Dip Sivananda)
Alan is an experienced yoga practitioner who originally studied Sivananda yoga in India. He now draws from many styles of yoga in his teaching, and has been teaching general classes, workshops and retreats for 20 years. Whether you are a new student or an experienced practitioner, his classes will deepen your experience of yoga.

Karin van Maanen (Accredited British Wheel of Yoga, meditation module, studying MA in mindfulness).
Karin’s teaching practice is inspired by Vanda Scaravelli’s yoga and Buddhist mindfulness practice. She has practiced yoga for 12 years and has taught for 5. Karin encourages students to let go of tension, and to move with balance, flexibility and strength – in synchrony with the breath. She brings mindfulness techniques into the physical practice.

Lina Newstead (City & Guilds Level 4 Certificate in Education. BWY Foundation Course & Diploma course tutor, meditation module).
Lina has been practising yoga since 1975, gaining experience with yoga teachers from different traditions. She has taught yoga to adults, children, pregnant women, the elderly and to students with special needs such as MS. She is teaching the CYQ Yoga Diploma at The City Lit in London and a BWY course in Canterbury. She also teaches private classes, retreat weekends at a Quaker Healing Centre & monthly meditation days.

Natasha Calia (RN, MICHT, Dip BWY, Dip prenatal, antenatal and postnatal yoga BSY, Dip Baby and Toddler yoga Birthlight, REP).
Natasha originally studied yoga in India around 20 years ago and has been practicing ever since. She teaches a variety of groups - pregnancy, postnatal, babies, general classes and 1 to 1’s. She regularly runs day and residential yoga retreats. She loves the interplay of fluid sequences and static postures and brings her interest in anatomy, physiology and holistic therapies into her teaching.

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Everything on the programme is optional

**Friday 4th Oct (arrival from 4pm)**

- 5.00pm  A choice of introductory yoga classes &/or treatment session
- 7.15pm  Supper
- 8.30pm  Opening fireside talk and orientation &/or yoga relaxation/treatment session

**Saturday 5th Oct**

- 7.15am  A choice of yoga sessions or treatment session
- 8.30am  Breakfast
- 10.00am A choice of a 2 hour yoga workshop
- 12.30pm Group lunch
- 2.30pm  Guided walk or treatment session
- 5.00pm  A choice of an uplifting or a restorative yoga class
- 6.30pm  Supper
- 8.00pm  Treatment sessions continue
- 8.00pm  Social evening in the library or Candlelit yoga relaxation and meditation

**Sunday 6th Oct**

- 7.15am  A choice of yoga sessions or treatment session
- 8.30am  Breakfast
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- 2.00pm  A choice of your closing yoga session
- 2.00pm  Guided walk or treatment session
- 3.30pm  Feedback, tea and farewell

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Full Board Residential Package
Choice of accommodation

All rooms are centrally heated, spacious, comfortable, and simply but tastefully furnished.

Standard non en suite • £249 per person
Characterful medium sized rooms situated on third floor or in the adjoining cottages (some with restricted views). Single and twin rooms available.

Standard en suite • £269 per person
Charming medium sized rooms, situated on third floor or in the adjoining cottages (some with restricted views) with en suite facilities. Twin and double rooms available.

Superior en suite rooms • £299 per person
(1 single plus several double/twin and triple rooms). Large, light, luxurious and spacious first floor rooms with outstanding views of the estate and en suite facilities.

Master bedroom suite • £299 per person
The beautiful and elegant Master bedroom with boudoir and en suite bathroom offers the best views of the estate. Can be shared by up to 3 or 4 guests.

Dormitory rooms • £249 per person
Large first floor room with unspoiled views of the grounds which is suitable for 4 to 5 guests. Situated close to bathrooms and toilets.

Single room supplement is £30 for the whole weekend

Our delicious vegetarian cuisine is freshly prepared, inventive and plentiful. In addition to breakfast, lunch and dinner, snacks and refreshments are available on a self-serve basis at any time. A fully licensed bar offering organic wines, beers and spirits is open during the evenings. Drinks ordered from the bar are not included in the price of the retreat.

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Booking form

Please complete FRONT and BACK

If you are booking for 2 or more people, please complete separate forms for each

Name: ………………………………………………...
Address: ……………………………………………..
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………………………………………………………...
Email: ……………………………………………….
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Contact phone number(s): …………………………
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Yoga experience (if any)……………………………
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Have you ever attended a yoga retreat before…..
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Any particular areas of interest…………………
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Do you have any health issues or considerations (please give details) …………………
…………………………………………………………
If you have any special dietary requirements, please advise here:
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…………………………………………………………
Choice of full board accommodation
(please tick) * Prices are per person

- Standard room non en suite  £249 □
- Standard room en suite  £269 □
- Superior room en suite  £299 □
- Master superior suite  £299 □
- Dormitory room  £249 □
- Single room supplement  £30 □

If you wish to share a room provide name (s) here:

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Please send your non refundable deposit cheque of £50 (or full payment if you wish) payable to Alan Sweetingham with your completed booking form and a SAE to:

Alan Sweetingham
6 Vale Road
Ramsgate
Kent, CT11 9LU

Full payment is due by 04/08/13

A detailed programme, health questionnaire, holistic therapy menu and directions to our venue will be sent out 10 weeks prior to our retreat. Please book all the sessions you may wish to attend (if we can be flexible over the retreat we will) and return your choices with your completed health form and your payment balance to address above.

For more information contact Alan:

e-mail: alansweetingham@hotmail.co.uk
Mobile: 07891 527375