Weekend Yoga Retreat

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

Fri 31st October - Sun 2nd November 2014.

With
Natasha Calia, Lina Newstead, Alan Sweetingham and Karin van Maanen,
Our Weekend

We invite you to enjoy a complete weekend break from your daily routine in which to explore or develop your yoga practice. We aim to offer you the chance to relax, recharge and rebalance your energies in the company of likeminded people.

This weekend may form an introduction to yoga, or may enable you to deepen and enrich your existing practice. There will be yoga, breath work, mindfulness and meditation sessions on offer from early morning till late evening suitable for all levels and experience. These sessions embrace the specialities and skills of four diverse tutors and you may choose in advance the sessions you would like to attend.

Also included in the price of your retreat is a 45 minute nurturing holistic treatment of your choice from our own therapists. Additional treatments may be booked upon arrival direct with Oxon Hoath’s resident therapist Joaquin Pascual. These are not included in the cost of this retreat.

A guided walk in the magnificent countryside surrounding the estate is included and we encourage you to join in some of the social activities so that you may connect with fellow guests. Everything is optional to allow you to address your individual needs.
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 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.

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.

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

**Natasha Calia (RN, MICHT, Dip BWY, Dip prenatal, antenatal & postnatal yoga BSY, Dip Baby & Toddler yoga Birthlight, REP).**

Natasha originally studied yoga in India around 20 years ago and has been practicing ever since. She teaches antenatal, postnatal, baby, children, general and intermediate classes. Natasha loves the interplay of fluid sequences and static postures and brings her interest in anatomy, physiology and holistic therapies to her teaching.

**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.

**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 (British Wheel of Yoga, mindfulness research and tuition, Mindfulness Association member).**

Karin studies and teaches Scaravelli and mindfulness inspired yoga full-time and recently co-founded the Kent Mindfulness Centre. Her aim is to empower and encourage students to find their own balance, flexibility and strength through mindfulness and understanding of what it is to be human.
# Programme

Everything on the programme is optional

### Friday 31st Oct (arrival from 5pm)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.00pm</td>
<td>Tea in the library, settling into your room.</td>
</tr>
<tr>
<td>6.15pm</td>
<td>Welcome to our retreat and orientation activity by the fireside.</td>
</tr>
<tr>
<td>7.15pm</td>
<td>Supper.</td>
</tr>
<tr>
<td>8.30pm</td>
<td>Choice of gentle yoga and relaxation session, meditation or a holistic therapy.</td>
</tr>
</tbody>
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### Saturday 1st Nov

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.00 am</td>
<td>Choice of yoga sessions or a holistic therapy.</td>
</tr>
<tr>
<td>8.30 am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>10.00 am</td>
<td>Choice of a 2 hour yoga workshop, a subtle energies workshop or a holistic therapy.</td>
</tr>
<tr>
<td>12.30pm</td>
<td>Group lunch.</td>
</tr>
<tr>
<td>2.00 pm</td>
<td>Guided walk, mindfulness class or a holistic therapy.</td>
</tr>
<tr>
<td>3.30 pm</td>
<td>Afternoon tea in the library.</td>
</tr>
<tr>
<td>4.00 pm</td>
<td>Choice of yoga sessions or a holistic therapy.</td>
</tr>
<tr>
<td>6.30 pm</td>
<td>Supper.</td>
</tr>
<tr>
<td>7.30 pm</td>
<td>Social evening in the library.</td>
</tr>
<tr>
<td>8.30 pm</td>
<td>Choice of sound yoga, meditation for bedtime or a holistic therapy.</td>
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### Sunday 2nd Nov

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>7.00 am</td>
<td>Choice of yoga sessions or a holistic therapy.</td>
</tr>
<tr>
<td>8.30 am</td>
<td>Breakfast.</td>
</tr>
<tr>
<td>10.00 am</td>
<td>Choice of a 2 hour yoga workshop or a holistic therapy.</td>
</tr>
<tr>
<td>12.30pm</td>
<td>Group lunch.</td>
</tr>
<tr>
<td>2.00 pm</td>
<td>Choice of your closing yoga session, mindfulness walk or a holistic therapy.</td>
</tr>
<tr>
<td>3.30 pm</td>
<td>Feedback, tea and farewell.</td>
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</table>
Full Board Residential Package  
Choice of accommodation

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

**Dormitory room • £279 per person**
Large, charming and accessible first floor room with unspoiled views of the grounds. Suitable for guests happy to share with 4/5 people. Both rooms are close to bathrooms and toilets.

**Standard non ensuite • £299 per person**
Characterful medium sized twin rooms situated on third floor or in the adjoining cottages (some with restricted views).

**Single room • £325 per person**
Cosy and tasteful medium sized rooms (not ensuite) situated on third floor or in the adjoining cottages (some with restricted views).

**Standard ensuite • £325 per person**
Charming medium sized rooms, situated on third floor or in the adjoining cottages (some with restricted views) with ensuite facilities. Twin and double rooms available.

**Superior ensuite rooms • £349 per person**
Large, light, luxurious and spacious easily accessible ground or first floor with outstanding views of the estate and en suite facilities. Twin, double and triple rooms available.

**Cuisine**

Our delicious vegetarian cuisine is freshly prepared from ingredients grown on site in the organic walled garden and is inventive and plentiful. Special diets can be provided or a single supplement of £10 for the entire weekend. 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. Please note, drinks ordered from the bar are not included in the price of the retreat.
Booking form

Please complete both FRONT and BACK

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

Name: ...............................................................

Address: ..................................................................
.............................................................................
.............................................................................

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 mobility
considerations (please give details)
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If you have any special dietary requirements,
please advise here: Oxon Hoath charge a £10
supplement for special diets.
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.............................................................................
Choice of full board accommodation (please tick) * Prices are per person

- Dormitory room: £279
- Standard room non ensuite: £299
- Single room non ensuite: £325
- Standard room ensuite: £325
- Superior room ensuite: £349

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

If booking by post please send your non refundable deposit cheque of £75 (or full payment if you wish) payable to N Calia with your completed booking form and 2 SAE’s to:

Natasha Calia
4 Penshurst Road
Ramsgate
Kent
CT11 8EG

Or visit www.breathingspaceonline.co.uk for online bookings, payments and full programme.

Full payment is due by 15/08/14

A detailed programme, health questionnaire, holistic therapy menu and directions to our venue will be sent out upon receipt of your deposit. Please ensure you return it with your balance by the above date.

For more information contact Natasha:

E. info@breathingspaceonline.co.uk
T. 01843 596604   M. 07886 980687