

# YOGA & REIKI

## BANK HOLIDAY RETREAT WEEKEND FOR WOMEN

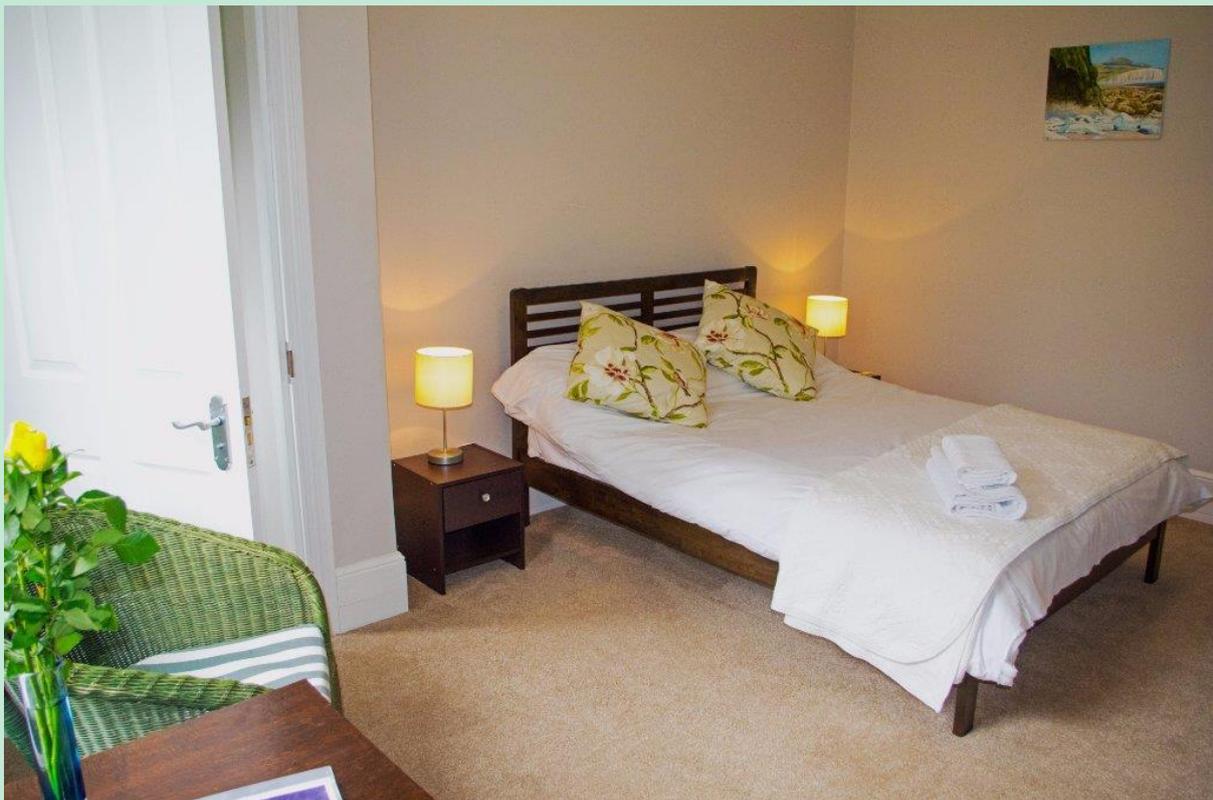
At Claridge House, Dormansland, Lingfield, Surrey

Saturday 23<sup>rd</sup> - Monday 25<sup>th</sup> May 2020.

Relax, recharge and reconnect in a peaceful, nurturing environment just outside London yet far away from the intense hustle & bustle of city life.

### Accommodation

All rooms are single occupancy in ensuite rooms, with tea & coffee making facilities. Arrival time is on Saturday from 3pm onwards when you will have access to your room as well as the gardens, lounge and library. Rooms to be vacated by 10:00 on Monday morning but we will still have use of the lounge, library, gardens and practice room throughout our stay and there is plenty of storage space for luggage. Departure is after lunch on Monday. There are no televisions or alcohol on the premises and alcohol is not permitted to be consumed on the premises. Wi-fi is available in all the rooms. Claridge House is a Society of Friends (Quaker) Victorian property, set in 2 acres of garden.



## Food

The food is really delicious, home cooked & vegetarian/vegan. There is a substantial continental breakfast buffet. Lunch & dinner are both well balanced and nutritious and, where possible, locally sourced & sustainable.

The team is happy to cater for certain dietary requirements or intolerances that you may have **provided you make this known at time of booking your place on the retreat.** Diets catered for are Vegan, Wheat free, Dairy free, Gluten free and Sugar free. Please ensure you are seated in the Dining Room at the times shown to enable meals to start promptly.

## Directions

### By train

From London Victoria, Blackfriars or London Bridge, catch the East Grinstead train to Lingfield. Western Cars Ltd. is a recommended taxi company that can bring you to Claridge House. It is around 5 mins in the car from the station on 01342 300 000. The taxi needs to be booked in advance to meet the train.

### By car

From the M25: Leave at Junction 6 (A22) following signs to East Grinstead. At Blindley Heath traffic lights turn left to Lingfield on B2029. At the first mini roundabout in Lingfield go straight ahead, at second roundabout bear left, then follow directions below from Lingfield.

From the M23: Leave at Junction 10, following signs to East Grinstead. At the second roundabout turn left and follow B2038 to Lingfield-cross one staggered junction, then cross the A22 at a roundabout. At first mini roundabout in Lingfield bear right, at second mini roundabout bear left then follow directions below from Lingfield.

### From Lingfield:

About half a mile out of Lingfield, past the racecourse on your right, go under a railway bridge with traffic lights. About a quarter of a mile after the bridge, fork right towards Dormansland, along Dorman's Rd. Claridge House is situated 240 yards along on the left. There is free on-site parking.

If you would like to car (and petrol cost) share, either as a driver or passenger please let me know when sending your deposit so that you can be "matched" Also where you intend to begin your route/if you can collect passenger, etc.



## **Programme Saturday**

16:00 Afternoon tea. Free time. Reiki treatments.

18:30 -19:15: Dinner

19:30- 21:00 Gentle & Restorative Yoga & Yoga Nidra.

## **Programme Sunday**

08:00-08:30 Pranayama/Meditation.

08:45 -09:30 Breakfast

10:00-11:15 Energising Yoga.

11:15-11:45 Refreshments

11:45 -13:00 Yoga and the Chakras

13:00 -13:45 Lunch

14:00 – 16:00 Free time. Reiki treatments

16:00 Tea and cake

18:30-19:15 Dinner

19:30-21:00 Gentle & Restorative Yoga, Yoga Nidra & Meditation

## **Programme Monday**

08:00-08:30 Pranayama/Meditation. In the garden, weather permitting.

08:45-09:30 Breakfast

09:45-11:15 Yoga practices for day to day support

11:15-11:45 Refreshments

11:45-12:45 Yoga and circle meditation

13:00-13:45 Lunch

14:00 Depart.



## Fee

Two night accommodation in single occupancy, ensuite room, with tea & coffee making facilities. Breakfasts, Lunches, Afternoon teas, Dinners & refreshments, all yoga tuition and 30 minute individual Reiki treatment.

£395.



## **What do I need to bring?**

Suitable yoga attire, bearing in mind that we may do some practices in the gardens.

A pair of trainers or gym type shoes.

A blanket.

Your own mat is optional. Mats, blocks, eye pillows, bolsters, etc are provided.

## **How to book**

Send £150 by bank transfer or cheque to reserve your place and email me to let me know.

I will then send you a confirmation, by email only, once your reservation fee has been received.

I will contact you in early April for the balance of £245, which must be paid in full by Thursday 9 April 2020.

If you have any specific dietary requirements remember make this known when you send your balance or deposit.

Bank transfer Bernadette King Sort: 30-93-70. Account: 10924568. Please use reference CLARIDGE with all payments so that I can easily identify your booking. Thank you!

## **T's & C's**

I aim to treat all cancellations fairly and sympathetically however as spaces are very limited the following applies;-

Deposits are non refundable

Refunds (up to 25% of payment, excluding deposit can only be considered under exceptional circumstances.

Cancellation of your place, for whatever reason, must be notified in writing to me via email only.

[info@peacefulpractice.co.uk](mailto:info@peacefulpractice.co.uk)

## Booking form

NAME.....

EMAIL-----

TEL.-----

My special dietary requirements

are.....

I have read & agree the terms & conditions.



I have paid full amount by bank transfer / I have paid £150 non refundable deposit by transfer

I have paid full amount by cheque /I have paid £150 non refundable deposit by cheque.

I am a driver travelling from .....& would be happy to car/petrol share.

I do not drive but would like to share car & petrol costs. I am travelling from.....



