

## Autumn Weekend Yoga Retreat , Suffolk

October 5<sup>th</sup> – 7<sup>th</sup> 2012

- 1½ hour by train from London Liverpool Street

-£275 per person, or £255 early bird offer for bookings made by 25<sup>th</sup> August 2012

An invitation to flee the city, and come together at an authentic 4\* rural farm retreat for yoga, peace and restoration



Autumn. The light at this time of year has a particularly pleasing gentle richness to it. Crisp sunshine. Golden leaves. Could Nature's call be any more beckoning?

Join me, yoga teacher Divya, for a weekend of autumnal yoga practices in the heart of a rural setting which will inspire, calm and nourish.



Alongside the yoga there will be plenty of free time for walking, reading, talking or exploring the local countryside. Alternatively, do as little as you like, relax, chill out in front of log fires, and enjoy time-out from the norm.

Arrival is from 3pm on Friday 5<sup>th</sup> October (we will be welcomed with afternoon tea and cakes) and departures are after lunch on Sunday 7<sup>th</sup> afternoon.

The price of the retreat includes 4 yoga sessions, accommodation, and all meals (brunch/tea/dinner and refreshments throughout the weekend).

For feedback on previous Yoga with Divya retreats, visit:  
<http://yogawithdivya.co.uk/testimonials/>

**Venue:**

Our venue for the weekend will be the fabulous Potash Barns in rural Suffolk – a set of Grade II listed converted barns, lovingly restored to an exceptionally high standard. In all three barns (each with individual lounge and kitchen), ancient beams and fireplaces sit alongside super-comfy beds and Egyptian cotton bed linen.



**Potash Barns** are situated in the sleepy hamlet of Brundish, mid-Suffolk. It is 4 miles from Framlingham and 12 miles from the coast. The nearest large town is Diss.

For more on the venue, visit:  
<http://www.potashbarns.co.uk/>

**The Practicals****Dates:**

Arrivals from 3pm, Friday 5<sup>th</sup> October 2012; departures on the afternoon of Sunday 7<sup>th</sup> October 2012

**Costs:**

£275 per person or £255 for bookings made by 25<sup>th</sup> August 2012

Includes: accommodation (see below), full board and yoga sessions. Excludes travel.

**Accommodation:**

Is in shared twin or double rooms in 3 beautiful converted Grade II listed farm buildings. Potash Barns has a 4 star Farm Stay rating. Each barn has its own lounge/ dining room, kitchen and bathroom (shower and bath). One bathroom shared between two rooms.

\*There is a local farm B&B nearby. Those who wish to have single accommodation and their own space may prefer this. It is a 15 minute walk or short drive from the barns. Very limited availability. Please enquire for further details.

## Yoga Space:

The yoga studio has beautiful views out across the meadows



## Getting There

**Car-sharing** can be arranged where possible so please let me know if this interests you. By car, the journey from central London is approx. two hours.

Alternatively you can travel by **rail** from London Liverpool Street to Diss (90minutes). A pre-booked taxi from Diss to Potash Barns is advised (about £20). Please let me know if you are travelling by train; if several people arrive together the cost of the taxi can be shared.

## Bookings

**\* Only 10 spaces available – so book soon! \***

There is a booking form to complete – see the separate attachment.

Please send either full payment with your form, or a £100 deposit (non-refundable) to secure your place. Balance of payments need to be made by 25<sup>th</sup> August 2012. After this date, all bookings will need to be in full.

## Who is the retreat suitable for?

Anyone interested in yoga (beginners and seasoned practitioners both welcome) and those who would like to escape the city for a change of scene.

My retreats are designed to be fun as well as enhance your wellbeing. You do not have to be flexible to come along; the yoga will be suitable for most - but if you haven't done yoga or similar bodywork before, do chat to me prior to booking.

You will have plenty of 'me-time'. Though if this is your first 'retreat' experience, bear in mind you will be sharing meals and space with others.

Namaste,  
Divya

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