



OXON HOATH
RESIDENTIAL
MON 29 OCT-
WEDS 31ST OCT
YOGA RETREAT
WITH
UDAY &
MARION

Oxon Hoath Country Estate, HADLOW, Kent, TN11 9SS

www.oxonhoath.co.uk

Iyengar Yoga Retreat - Relax, Unwind and Revitalize Yourself

Come and enjoy two blissful days of yoga with well respected and experienced teachers, wonderful homemade vegetarian food, country walks all in the tranquil surroundings of the beautiful Oxon Hoath country estate set in the heart of rural Kent in a friendly environment which is just an hour from South London.

Uday Bhosale will be teaching intermediate level classes for Iyengar yoga students with more than 3 years experience. This will be an opportunity for experienced students to develop their practice with Uday.

Uday Bhosale spent fifteen years studying, assisting and teaching at the Ramamani Iyengar Memorial Yoga Institute in Pune with the Iyengar family. In addition to teaching the Childrens', Beginners and Intermediate classes at RIMYI, he assisted in Geeta Iyengar's medical classes. This is a great opportunity to benefit from his extensive experience.

Marion Sinclair will be teaching sessions for beginners with less than 3 years experience. Marion is an experienced intermediate level teacher who runs the Iyengar Yoga Institute in South London. The beginners sessions are an opportunity to develop your understanding and confidence in yoga Asana in a supportive environment.

Accommodation: A range of spacious single, twin and double rooms are available and two dormitory rooms with 4 or 5 single beds. Some are ensuite but there are plenty of bathrooms nearby for those rooms which do not have them.

Most bedrooms retain the original manor house proportions and enjoy spectacular views of the grounds. The majority are twin/double rooms.

What to bring: Mats are provided but you will need to bring your own equipment. We suggest 4/5 foam blocks, a blanket, 2 belts and if you have them, wooden/cork bricks and a bolster.

Workshop sessions:

Arrive from 4pm Monday afternoon.

Monday

6pm-7pm - General/Restorative class

Tuesday

7.30am-8.15am - Pranayama before breakfast

10.30am-12.45pm – Asana class

4-5pm Talk - 100 years of BKS Iyengar's Light on Yoga

5.30pm-7.00pm – Asana class

Wednesday

7.30am-8.15am - Pranayama before breakfast

10.30am-12.45pm – Asana class

2pm Question and answer session

3pm-4:30pm General/restorative class

Depart by 5pm.

Cost per person: £175 -£375 dependent on room type.

Cost includes accommodation on Monday and Tuesday night, an evening meal on Monday, all meals on Tuesday and breakfast and lunch on Wednesday.

All food is homemade, vegetarian and delicious!

Room types:

£175 sharing dormitory room with 4 or 5 beds without ensuite

£275 sharing spacious luxury twin without ensuite bathroom

£300 sharing with ensuite bathroom

£325 single room without ensuite bathroom

£375 single room with ensuite bathroom

Special diets.: £20 extra charge for special diets please advise when booking if required

Booking: to book a place email with your name, phone/contact number, room & dietary requirements email angelahulm@hotmail.com with your preference and pay by bank transfer.

Angela R Hulm Co-op Bank account number 84163316 Sort code 08-93-00

Your place will be confirmed when your payment is received.