

***** INTENSIVE WINTER YOGA RETREAT *****

In Seaford, East Sussex

Midday Tuesday December 6th to midday Thursday December 8th 2022

THE AIM

To create a real Retreat from the hustle and bustle of daily life. You will experience ways of winding down in order to restore yourself to balanced, vibrant health. The Retreat is open to everyone, regardless of their yoga expertise or experience.

THE VENUE



Florence House is an ideal sanctuary for healing and relaxation. Warm and cosy in winter, with glowing log fires and fully heated rooms, there couldn't be a better place to experience a peaceful restorative break. Locally sourced vegetarian/vegan menu. Florence House is easily accessible by car (plenty of parking) or train (Seaford Station). See the website for further details:

<http://www.florencehouse.co.uk/>

THE YOGA



A mixture of gentle restorative, detailed postural work, intensive practices and breathing.

THE COST

£425.00 per person for a shared room (twin or triple), and £475 (single room).

This cost covers two night's accommodation, all meals, six yoga sessions and 20-minute individual session by arrangement.

***I WOULD LIKE AS MANY PEOPLE AS POSSIBLE TO ENJOY THIS VERY SPECIAL EVENT
So if you find the cost is prohibitive I am more than happy to negotiate a concessionary rate that enables you to come.***

Please note that most rooms do not have en suites. Full bathroom facilities are on all floors

APPLICATION FORM AND MORE DETAILS: sara.benisaac@gmail.com or call 07941519393