

Cusp of Winter Retreat in North Devon

Friday 30th October - Sunday 1st November 2009

With Rebecca Brewin and Bridget Thornborrow



Rebecca and Bridget are fully qualified teachers of the British Wheel of Yoga accredited Yoga Teacher Training Course. This retreat is suitable for mixed ability, including beginners. Rooted in the method of Vanda Scaravelli (author of *Awakening the Spine*) classes emphasise 'grounding' & 'releasing', enabling greater freedom and orientation for the whole person.

Each day will explore yoga asana and breathing, meditation and reflections on selected texts to help us explore stillness and silence. And there will be time for beach walks, eating together and absorbing the beauty of the surroundings.

To book contact Rebecca on 07896 936 625 /
rebeccadotb@yahoo.co.uk

'Movement is the song of the body' - Vanda Scaravelli
Welcome to Pickwell Manor



Pickwell Manor is a beautiful manor house set in stunning countryside and 6 acres of garden and grounds. It offers glorious views over the surrounding Devon countryside and is just minutes from the golden sands of Putsborough beach and the village of Georgeham. The property has been thoughtfully divided into several apartments, so accommodation is suitable for singles, couples or those who would like to participate in yoga whilst partners and children enjoy a weekend break.

See www.pickwellmanor.co.uk for more details
and travel information.

Prices for the weekend including accommodation,
vegetarian meals and tutoring:

Single room: £295.00

Shared room: £275.00

Non-residential: £160.00

A deposit of £100 is required by Wednesday 30th September to secure your space. The maximum number is 15 people