

Spring is in the air so why not take time out to awaken the senses, working with them to create calmness & a sense of wellbeing in your life.

## Itinerary

### Day 1 – Fri 13<sup>th</sup>

- 3.00pm-4.30 pm - Arrival at venue
- 5 pm prompt start - Introduction to Course theme
- Yoga practice - Sense of Sight
  - Creating our own Mandala
  - Asana practice focusing on use of Drishti
  - Mandala Meditation
- 7.30 pm - Evening meal

### Day 2 – Sat 14<sup>th</sup>

- 7.30 am - Yoga practice - Sense of Touch
  - Asana practice focusing on placement of hands/feet in postures
  - Walking Meditation
- 9.00 am – Breakfast
- 10.30 am – Exploring Chanting (this session is optional)
- 1.00 pm – Lunch
- Free afternoon to enjoy the venue or take a walk on the moors
- 5.00 pm – Yoga practice - Sense of Hearing
  - Asana practice focusing on sound of Breath
  - Yoga Nidra
- 7.30 pm – Evening meal

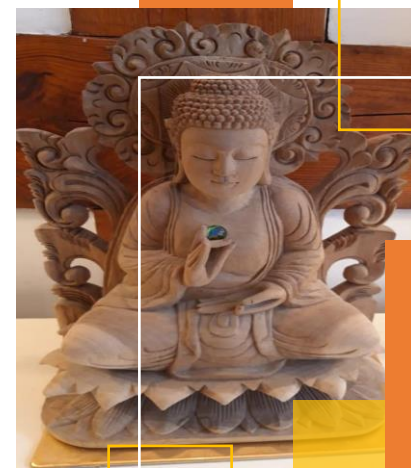
### Day 3 – Sun 15<sup>th</sup>

- 7.30 am – Yoga practice - Senses of Smell & Taste
  - Asana practice being aware of sense of smell
  - Raisin Meditation
- 9.00 am – Breakfast
- 10.00 am – Short talk about Reiki & Energy
  - Reiki taster sessions
- 12.00 pm – Yoga practice – Sense of Energy
  - Asana practice focusing on flow of Energy
  - Chakra Meditation
- 1.30 pm – Lunch
- 3.00 pm – Leave venue

## Spring Renewal – Awaken the Senses

Yoga Retreat with Janet Long at  
The Healthy Home Retreat nr Skipton

Friday 13<sup>th</sup> - Sunday 15<sup>th</sup> March



**Janet Long**

BWY Dip Yoga Teacher, Foundation Course  
Tutor & Trainee Diploma Course Tutor

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## Accommodation

Accommodation is in twin rooms with ensuite or shared bathroom.

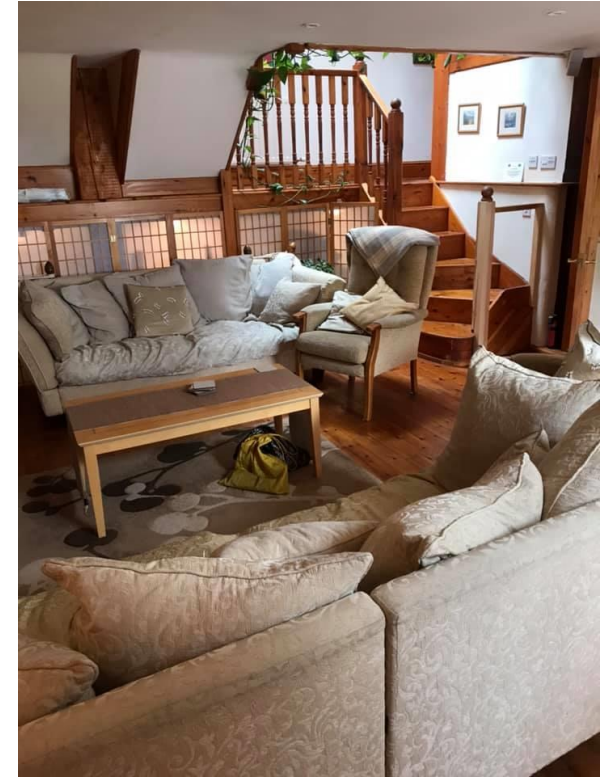
Single rooms may be available on request at a supplement

## Costs

Cost for the weekend is £315pp which includes accommodation, all yoga sessions, vegetarian meals, snacks and refreshments (no alcohol).

## Payment

A non-refundable deposit of £100 is required to secure your place with the balance payable by 29/2/20.



## What to bring

All attendees should bring their own yoga mat, a blanket or throw and any blocks if required.

Outdoor shoes are not allowed in the house so slippers will be required (no dark soles).