

Weekend Yoga Retreat At Rydal Water



Kaleidoscope Yoga

Escape to the Beautiful Lake District with
Kaleidoscope Yoga for a weekend of
Yoga, Meditation and Nature.



Friday March 9th until Sunday March 11th 2012

- 4 Yoga Classes
- 2 nights accommodation
- 2 Dinners, 2 Breakfasts, 2 Lunches
- Free time to enjoy the amazing surroundings

The Accommodation:



In 2009 Nab Cottage was listed at 23 in 'Britain's 50 best kept secrets' by the Daily Telegraph. It is quoted as being, 'One of the most mysterious and beautiful of all the Lake District's traditional cottages' It is a very special place to stay - standing alone beside a small lake and surrounded by mountains.



All rooms are cosy with stunning views. There is a combination of twins and singles some with ensuite. Rooms will be allocated on a first come first serve basis but everything possible will be done to meet people's needs.

How to Get to Nab Cottage:

Nab Cottage is directly on the A591 half way between Ambleside and Grasmere.

By Car from the South:

Leave the M6 at junction 36 and follow the A591 into the Lake District. Pass Windermere, going through Ambleside. Nab Cottage is 500m along the lake on the right.

By Car from the North:

Leave the M6 at junction 40 and take the A66 towards Keswick. After 12 miles take the Ambleside/Windermere turning to the left then after a few miles this joins the A591. Nab Cottage is on the left 2 miles after Grasmere village.

By train

To Windermere station then by bus number 555 or 599 direction Grasmere to Nab Cottage. The bus will stop outside if you ask.

The Yoga:

Friday session 17:00-19:00

This class will infuse Sivananda Yoga with Vinyasa Flow. Sivananda Yoga was founded by Swami Sivananda and places focus on pranayama (yogic breathing) 12 basic asanas (postures) and proper savasana (relaxation).

Saturday 7:00-9:00

Following meditation, we will embark upon a dynamic Vinyasa Flow practice. Students will be given the space to begin to develop their own practice, using the breath to find a personal flow.



Saturday 17:00 -19:00

As a conclusion to a active day, the second session on Saturday will be more restorative, finding peace in the asanas by being more static. The practice will also offer an insight into the 8 limbs of yoga and will conclude with a yoga nidra.

Sunday 7:00-9:00

On the final morning following meditation the practice will be an extremely dynamic form of Vinyasa Flow, building on Saturday morning's practice students will be encouraged to truly find themselves, letting the breath lead the way.

Everything else:

It's recommended that individuals arrive about 16:00 on Friday in preparation for the 17:00 yoga session. Nab Cottage is booked for our use until after lunch on Sunday.

Rydal village is 500m along the lake and Ambleside and Grasmere villages are 2 miles away in each direction where there is a huge range of restaurants, galleries and shops. It's possible to walk along the river into Ambleside or around Grasmere lake into Grasmere village.

There are some excellent low level and plenty of challenging fell walks directly from Nab Cottage. Packed lunches are available for those who would like to hike.

How to Book:

Contact Kate at Kaleidoscope Yoga

for a booking form at

kaleidoscopeyoga@gmail.com

07972775711

- *Total cost £245*
- *£100 deposit secures your place at the retreat
(deposit is non-refundable)*
- *Final payment is due by the 10th of February*

*For more information about Vinyasa Flow or
Kaleidoscope Yoga have a look at the website:*

www.kaleidoscope-yoga.co.uk

