

## Treat yourself to a Butterfly Yoga Retreat – an Oasis of Peace in Northumberland



Release, relax and free tension. Connect body, mind and spirit through the breath. Learn relaxation and breathing techniques useful for daily life.

This is yoga for real people living in today's busy world. All are welcome on the retreat, men and women, all bodies and energies. The retreat is suitable for absolute beginners and also those with yoga practice experience. Perfect if you have never been on a yoga retreat before or want to try a gentle alternative experience. Yoga is personal and so we adapt it for all bodies. The participant numbers are limited at both so please let us know as soon as possible if you wish to reserve places by contacting [samanthacoe@me.com](mailto:samanthacoe@me.com) 07875225758.

### *Opening to Springtime*

*At Minsteracres March 9<sup>th</sup> -11<sup>th</sup> 2012*

Come and develop your yoga practice in a beautiful ballroom with a celestial duck egg blue and gold ceiling and 180 degree views onto the gorgeous Northumbrian countryside. Minsteracres is near Derwent Reservoir off the A68. (see [www.minsteracres.org](http://www.minsteracres.org) ). Opening the heart to yourself and those around you, releasing lightness in the body, developing flexibility combined with strength.

## The Minsteracres Weekend – Opening to Springtime

The theme of our retreat in March is around the heart, surrounding yourself in love, compassion and gratitude. The heart is the centre of emotions and sentiments and also the starting point of life and regeneration. Prepare for the awakening of Spring, a time of movement and growth. In nature Sap is rising, new life cycles begin. Giving yourself time and focus to calm and still the mind. Time to reconnect to your aspirations and to harness this strong vibrant spring energy. Often through the winter as we tighten the shoulders to the cold, this can have implications for our posture and attitude and our emotions. Join us at Minsteracres to open and release the body, to enjoy calmness, clear away stress and tension and focus the mind.

This retreat is designed to give a balanced combination of gentle asana, pranayama, and simple mindful meditative practices, energizing and easy, giving you joy in the body, fun in the heart and a sense of peace. Leave with feelings of vitality and flexibility. Over the weekend we will be exploring how we can allow movement to flow clearly within the yoga postures. We will explore our relationship to the earth and learn how we can use gravity to our advantage in order to promote the free flow of breath and prana in the body.

The wonderfully relaxed timescale of the yoga retreat allows you to do yoga that you cannot experience in a short weekly yoga class and you gain the benefits of a more sustained practice in the body, together with feelings of perspective, restoration and calm for the mind. Nothing will be forced, we will not be coming to struggle with our bodies.

### Friday 9<sup>th</sup> March 2012

4.30 - 5.00	Arrival (please let us know if you need a later arrival)
5.30 - 6.45	Opening Yoga Workshop
7.00	Dinner

### Saturday 10<sup>th</sup> of March

7.30	Share our morning practice (optional!)
8.00 – 9.00	Breakfast
9.00 – 9.45	Opportunity to let breakfast settle and have a short walk
9.45 – 12.30	Yoga with a theme of Opening to Springtime
1.00	Lunch
Time to just be:	a chance to romp in the hills, read, explore, write, paint or visit the tea emporiums of Corbridge, have treatments
4.30 – 6.00	Restorative Yoga - Breathing and Relaxation
6.30	Supper and there is a bar and time to relax and socialize
8.00	Meditation Practice and Exploring Courage

### Sunday 11<sup>th</sup> of March

7.30	Share our morning practice (optional!)
8.00 – 9.00	Breakfast
9.45 – 12.30	Yoga with a theme of Opening to Springtime
1.00	Lunch and heading home

## Your Yoga Teachers:

### Samantha Coe

Samantha brings joy to yoga, by creating a trusting, nurturing environment and working with precision and wonderful imagery. She loves to inject sparkle and fun. Samantha allows you to explore your yoga to find your own peace and joy in your body. She views yoga a non-judgmental act of kindness to yourself - be just where you are. Come and experience her up beat, nurturing and inclusive style. Feel your body relax, release tension, allow energies to flow, elongate and glow. Samantha is particularly interested in using lines of support and strength within the body to nurture posture in everyday living and using the rhythm of the breath to support peace and well being. She is inspired by the work of Donna Farhi and uses yoga in many ways, designing and teaching courses which using the voice and breath, working with posture,

presence and embodiment for organizations and running development programmes for teenagers.

### **Stephen Fry**

Stephen works with yoga without ego, just allowing yourself to be just as you are. He views yoga as something fun and pleasurable. Yoga for movement of mind and body. He is a practical and encouraging teacher with a specific interest in meditation, taking you on a journey to yourself, leaving you with an intense feeling of union of your mind and body. He shares a love of the human condition, compassion and a sense of humour with his famous namesake!

### **Lucy Schierig**

Lucy has a deep emotional connection to yoga, which she is able to share with others great skill. Lucy brings wisdom and understanding. She loves yoga philosophy and has a really accessible way of underpinning her classes with the idea of unbounded human potential and goodness. So you feel the joy of all you can be. Lucy particularly enjoys restorative yoga. She likes nothing more than great nurturing relaxation sessions, a chance to give the brain time to switch off and recharge. Her sparkly sense of humour, beautiful smile and boundless bubble always included.

Costs: £265 for a single room or £235 sharing a twin  
The price includes all yoga, meals - supper on Friday through to lunch on Sunday and your accommodation for both nights in the beautiful 18<sup>th</sup> century main house in a stunning part of the world.

## How to register for the retreat

Please print out, complete and return together with your payment, to the return address below. Your place will be confirmed when both the registration and your payment has been received.

Retreat Name:	Opening to Spring 9- 11 <sup>th</sup> March 2012 Minsteracres
Name	
Address	
Telephone Number	
Email contact	
Dietary requirements	
Late Arrival?	Yes / No
Single ( £265) / Twin Room	
Twin ( £235)	

To book your place, please send cheque to:

Samantha Coe Yoga Retreat  
12 Hawthorn Road West, Gosforth, Newcastle NE3 4DN

### Retreat Fee

£265 for a single room (early bird fee £245 discount if paid in full by November 21st)

£235 for a shared room (early bird fee £215 discount if paid in full by November 21<sup>st</sup>)

### Cancellation policy

Cancellation before 1 February 2011 will be refunded minus £45.

Cancellations after 1 February 2011 will only be refunded if your place can be filled from the waiting list; minus the £45 fee.

You may also pay in 2 installments – please ask