

Yoga and Shiatsu Retreat

12th-14th September 2014



Come and join **Rosalind** and **Elaine** for a nourishing weekend of Yoga and Shiatsu at Monkton Wyld Court set in the rolling hills of Dorset within walking distance to the stunning Jurassic coast.

The weekend will be supportive and grounding, bringing richness to the body and mind to restore mental and physical well being.

This will be achieved through the practise of Hatha yoga sequences, relaxation and meditation, plus a personalised Shiatsu treatment to restore balance and harmony.

Yoga

Rosalind (BWY Dip) has been practising yoga since 1995. She has practised Iyengar, Astanger and Sivanda based yoga in the UK and India. Her classes focus on flowing Vinyasa sequences with attention to the co-ordination of breath with movement.

Shiatsu

Elaine West IIHT, dip Shiatsu, MRSS has been practising since 2003 and trained with the Bristol School of Shiatsu under Keith Phillips. Shiatsu is a holistic therapy, originally from

Japan. It uses touch as a diagnostic tool. Techniques such as holding, pressure points, stretches and rotations are used to move the bodies energy or 'ki', to restore balance and harmony. It can be a deeply relaxing experience or very energising and invigorating depending on what you need from the treatment.

Accommodation

Rooms which are twins are set in this charming Grade II listed mansion built last century, It is a good example of Victorian neo-Gothic architecture.

The dinning room and Library both boast wonderful views of the surrounding lawns , small wood and Victorian walled vegetable garden.

Food

Most of the delicious vegetarian food served at Monkton Wyld is organically grown and sourced from their own farm and garden. Special diets can b catered for.

Price

Includes all yoga, personalised 1 hour Shiatsu treatment, accommodation in twin or single rooms (single room supplement applies) all meals and refreshments.

£275

To Book

Email - rosahub@msnm.com Tel 07917 094 795 or elainefwest@yahoo.co.uk

For more information about the retreat, please feel free to contact Rosalind or if you d like to discuss anything to do with the Shiatsu please feel free to contact Elaine on 07791364460, www.elainewest.co.uk