



Weekend in Yoga at Fintry

Friday 4th - Sunday 6th September 2026
with Karuna and Ruth White
Brook, Godalming, Surrey, GU8 5UQ

Whatever your ability, you will be most welcome at this 2-day or 5 day yoga retreat. Ruth's teaching is an inspiration both spiritually and physically. Her approach is both practical and spontaneous and she endeavors to meet the changing needs of her students.

Back garden leading to walks



Karuna has a BSc in Human Physiology and has been teaching Iyengar Yoga for 25 years. She is particularly experienced at helping her students alleviate back and neck aches through alignment, great posture, and core strengthening. She is qualified to teach for the BWY and with children and ran a yoga centre in Perth, Australia for 10 years. She now works from Gerrard's Cross, Bucks.

Ruth teaches with enthusiasm and a sense of fun and brings the same warmth and clarity to her talks and demonstrations. She is well known for her attention to detail, she has the ability to enable people to see through their limitations and experience a sense of freedom.

THE VENUE

Fintry is a retreat house with its own magnificent gardens and extensive grounds, set in the Surrey hills. The atmosphere of the house and grounds has been maintained for 70 years in order to promote philosophical and spiritual development. Fintry is a place for spiritual growth.

The gardens



Yoga and talks room



REQUIREMENTS

Please bring your own toiletries and indoor shoes. All yoga equipment is provided. The fully equipped yoga hall with changing room lies 50 yards from the house.

FEES & BOOKING

Residents (single) £600.00 full board
Residents (shared) £550.00 full board

Day guests are also welcome, but priority is given to weekenders.

For further information, please see www.yogawithruthwhite.com/residential-events

Gardens



SUGGESTED PROGRAMME –

Please feel free to attend all or any

All yoga classes are held in the hall

FRIDAY

4.00 pm
5.00 pm
6.30 pm
8.00 pm

Welcome & registration
Yoga practice – centering down
Supper together
Introductory session – A practical talk

SATURDAY

7.30 am
8.30 am

Stretch & meditation with Ruth
Breakfast

10.15 am Yoga asana class – waking up'
11.45 am Coffee/tea break

12.30 pm Talk with Ruth – 'How our challenges
 can be used to our advantage'
 Lunch
1.00 pm Talk with Ruth – 'The Breath of Life'
2.45 - 4.00 pm Afternoon tea
4.00 pm T.T
4.15 pm Postures leading into Pranayama &
5.00 - 6.15 pm Meditation

6.30 pm Supper
7.30 pm Talk – 'The Power of Yoga' and
 yoga nidra

SUNDAY

7.00 am Stretch & meditation
8.30 am Breakfast
9.45 am Asana class – 'How to adapt your postures
 to changing needs'
 Coffee/tea break
11.15 am T.T
11.30 am Postures with attention on core strength
12.00 pm Lunch
1.00 pm

Gardens



Ruth White • Yoga Centre

4 Buchanan House, New Street, Chipping Norton, OX7 5ED

Tel: 07587 140032 • email ruth@silverwings.uk • www.yogawithruthwhite.com

2.45 pm
4.15 pm

Stretch & Pranayama - leading further into the stillness'
Afternoon tea and departure

MEALS

Home-cooked, wholesome vegetarian meals. They can cater for various dietary requirements including gluten free and vegan diets. Please let us know in advance.

Dining Room



HOW TO FIND FINTRY

Directions by Car: Fintry is situated in the village of Brook, off the A3/A286, south of Godalming. Driving south on the A286 from Milford to Haslemere, take the lane opposite what was 'The Dog and Pheasant' public house. Just past the cricket ground, turn left into Church Lane. Fintry is some 500 yards along Church Lane on the right.

Directions by Train: The nearest railway station is Witley on the London Waterloo-Portsmouth line. A more frequent service stops at Haslemere and Godalming. Taxis are available at

Haslemere and Godalming stations, but not generally at Witley Station.

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