

# Weekend in Yoga at HAWKWOOD



Friday 22<sup>nd</sup> – Sunday 24<sup>th</sup> September 2023

with Ruth White

Painswick Old Road, Stroud, GL6 7QW



Whatever your ability, you will be most welcome at this 2-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.

**Narain**, formerly an Ishaya monk, who has been sharing his wisdom with us & internationally for over 20 years will be joining us to share his inspiring and philosophical yoga talks. He has a gift of revealing, in his simple way, the truths of yoga. The truths that lie beyond the physical aspects. He is joining us on Zoom for his interactive talks.

## THE VENUE

Hawkwood is set in 42 acres of beautiful gardens, woods, and fields. Renowned for its delicious all organic cuisine, it also has its own spring water. With stunning panoramic views down the Stroud valley.

## REQUIREMENTS

Please bring yoga mat, belt, blocks, back arch & blanket – We supply a few back arches and mats.

## FEES & BOOKING

Residents (single)	£360.00
Residents (shared)	£320.00
Non-residents	£260 (incl. all meals)
Day guest	£95 (incl. lunch)

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

For programme & directions, please see [www.yogawithruthwhite.com/residential-events](http://www.yogawithruthwhite.com/residential-events)

To book you will need to contact Hawkwood directly - call **01453 759034**, email **info@hawkwoodcollege.co.uk** or book on-line at **<https://www.hawkwoodcollege.co.uk/event/ruth-white-yoga-retreat-22/>**

## **SUGGESTED PROGRAMME - Please feel free to attend all or any**

**All yoga classes are held in the Hall with the option of a simultaneous easy class held in the blue room**

### **FRIDAY**

4.00 pm	Arrival & registration with tea
5.00 pm	Yoga practice – centering down
6.30 pm	Supper together
8.00 pm	Introductory session – a practical talk

### **SATURDAY**

7.30 am	Stretch & meditation
8.30 am	Breakfast
10.15 am	Postures demonstration & explanation
11.45 am	Coffee/tea break
12.00 pm	Narain
1.00 pm	Lunch
2.45-4.00 pm	Practical talk – 'How our challenges can be used to our advantage' or Narain
4.00 pm	Afternoon tea
4.15 pm	T.T
5.00 - 6.15 pm	Seated postures leading into Pranayama & Meditation
6.30 pm	Supper
7.45 pm	Talk – Yoga & 'How to work with mind and body to release fears' or Narain

### **SUNDAY**

7.00 am	Stretch & meditation
8.30 am	Breakfast
9.45 am	Asana class – 'How to adapt your postures to changing needs'
11.15 am	Coffee/tea break
11.30 am	T.T or Narain
12.00 pm	Postures with attention on core strength
1.00 pm	Lunch
2.45 - 4.15 pm	Stretch, pranayama & 'The Art of Relaxation'
4.15 pm	Afternoon tea and departure

### **MEALS**

All meals are organic, gluten-free, and low sugar – but still delicious! Vegan options available.

### **HOW TO FIND HAWKWOOD**

#### **By Car**

From the west and north, take Exit 13 off the M5 and follow signs to Stroud centre. From the east, take Exit 15 off the M4 and follow the A419 past Cirencester to Stroud. If coming from the Oxford area, follow the A429 or B4425 off the A40 to Cirencester. Follow the A419 from Cirencester as above. From Stroud centre, follow the A46 north, then the Painswick Old Road (which is signposted 'to Wick St.'). Please contact us if you would like more detailed instructions (also included on confirmation forms sent after booking).

#### **By Train**

Take a taxi from the Stroud train station (max. 2 miles) – Taxi number 01453 350133. Approx. half an hour by foot!

Ruth White • Yoga Centre

**Rest Harrow, Evenlode Road, Moreton-in-Marsh, GL56 0NJ**

**Tel: 01608 651 189 • email: [info@yogawithruthwhite.com](mailto:info@yogawithruthwhite.com) • [www.yogawithruthwhite.com](http://www.yogawithruthwhite.com)**