

Weekend in Yoga at HAWKWOOD



Friday 27th – Sunday 29th September 2024
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.

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

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

REQUIREMENTS

Please bring your own toiletries, indoor shoes, and a mat if you have one - we supply a few.

FEES & BOOKING

Residents (single)	£430.00
Residents (shared)	£380.00
Non-residents	£310 (incl. all meals)
Day guest	£105 (incl. lunch)
Saturday Evening	£65 (incl. class, supper, talk)

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

For further information, please see 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/**

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

4.30 pm	Welcome & registration
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	Talk with Ruth – ‘How our challenges can be used to our advantage’
1.00 pm	Lunch
2.45 - 4.00 pm	Talk with Ruth – ‘The Breath of Life’
4.00 pm	Afternoon tea
4.15 pm	T.T
5.00 - 6.15 pm	Postures leading into Pranayama & Meditation
6.30 pm	Supper
7.30 pm	Talk – ‘The Power of Yoga’

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
12.00 pm	Postures with attention on core strength
1.00 pm	Lunch
2.45 pm	Stretch & pranayama - ‘leading further into the stillness’
4.15 pm	Afternoon tea and departure

MEALS

Meals are organic where possible 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

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