

Yoga at Aura Soma

with Ruth White

Thursday 11th – Monday 15th May 2023



All levels of ability are welcome and catered for from beginners to teachers training



Originally the Old Rectory, set in a picturesque village in the heart of Lincolnshire, Dev Aura where we'll be staying is now a fine, spacious, and friendly mansion set in beautifully landscaped gardens. The whole atmosphere is conducive to Yoga and relaxation. It is warm, light and spacious. In the nearby fields herbs are grown for their healing oils and bio-dynamic properties. Food is all organic, cuisine is delicious, and the water is double osmotically filtered and spun. This magical place has a special energy about it. Come and experience it!

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.



Dining Room



Main Hall



Meditation room

Accommodation

The bedrooms are most comfortable and tastefully furnished, with views of the countryside and gardens. Single rooms are available for a supplement of £20 per night. Rooms for meditation are always available.

Cost

The full cost of the 5 day residential is £980. After 1st March this goes up to £1030.

To Book

Please send a non-refundable deposit of £200. Early bird prices are for those paying full amount by 1st March. Priority will be given to those booking for the full residential. Please ask the office for BACS details. The balance is due by 1st April. Please let us know if you'll be travelling by train.

Programme

Full programme from dawn until dusk, please feel free to attend all or any. We can practice pranayama together in the early morning and talks after supper. There will be a yoga class, meal, and a talk on the day of arrival and the day of departure

Please bring your own yoga equipment. There will be some provided.

Ruth White Yoga Centre

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

Tel: 01608 651 189 Email: info@yogawithruthwhite.com www.yogawithruthwhite.com

Dev Aura Contact Details: 01507 533410

SUGGESTED PROGRAMME

THURSDAY

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

FRIDAY, SATURDAY & SUNDAY

7.30 am	Stretch & meditation
8.30 am	Breakfast
9.45 am	Postures demonstration & explanation
11.15 am	Coffee/tea break
11.30 am	T.T
12.00 pm	Asana practice
1.00 pm	Lunch
2.45-4.00 pm	Practical talk - How our challenges can be used to our advantage
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

MONDAY

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 - 4.15 pm	Stretch, pranayama & 'The Art of Relaxation'
4.15 pm	Afternoon tea and departure

Travel to Aura Soma

By train:

For up to date information on all train time call National Rail Enquiries on 08457 484950 or go to www.nationalrail.co.uk
Trains depart Kings Cross at 1:06pm arriving Grantham 2:19pm. Aura Soma will arrange transport from Grantham station departing at approx 2:30pm. **Please let us know if you are coming on this train** and we will arrange pick up – the taxi ride is close to an hour and so there will be a charge for this. Taxis cost approximately £25 per person each way, for 4 people. The train times leaving Grantham station are 3:18pm, 4:40pm and 5:08pm.

By car

The full postal address is: Dev Aura, Little London, Tetford, Lincolnshire, LN9 6QL

Head to Newark on the A1. At Newark head to Lincoln on the A46. At Lincoln turn onto the A158 to Skegness. About 20 miles from Lincoln you will come into the town of Horncastle. Drive through Horncastle on the A158, past two petrol stations opposite each other. After 500 yards turn left by a garage signposted Greetham, Salmonsby, Tetford. Continue for 6 miles through hills, past Salmonby, past the Cross Keys Inn on your right. At Tetford. 500 yards on, turn right at T junction.

Aura-Soma offices and the Lucia Angelis shop are on your right, follow this road for 200 yards and turn left at the finger post into the village. Follow this road over a little bridge round the bends, on the left hand side is the White Hart Pub and The Edward Richardson Primary School. In Tetford village look out for the church and directly after it turn right down a little lane. Dev Aura is the second entrance on the right with two lions on the gateposts.

If you would like a lift, or can give one, please phone us.

Ruth White Yoga Centre

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

Tel: 01608 651 189 Email: info@yogawithruthwhite.com www.yogawithruthwhite.com

Dev Aura Contact Details: 01507 533410