

Weekend in Yoga at HAWKWOOD



Friday 9th – Sunday 11th September 2022
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.

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. There are panoramic view down the stroud valley. It is an Area of Outstanding Natural Beauty.

GUEST TEACHER

Karuna White is well qualified to teach you as she was brought up on yoga and had classes with Ruth from the age of 5. She qualified in 1995 and has been running a school in Perth WA and now in Beaconsfield, Bucks.

REQUIREMENTS

Please bring yoga mat, belt, blocks, back arch & blanket if you have them – We supply a few.

FEES & BOOKING

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

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

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

FRIDAY

4.00 pm	Arrival & 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
10.00 am	Postures demonstration & explanation
11.30 am	Coffee/tea break
12.00 pm	Teachers Training
1.00 pm	Lunch
2.45 pm	Practical talk - How our challenges can be used to our advantage
4.00 pm	Afternoon tea
4.15 pm	Teachers Training
4.45 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

SUNDAY

7.30 am	Stretch & meditation
8.30 am	Breakfast
10.00 am	Asana class – how to adapt your postures to changing needs
11.30 am	Coffee/tea break
12.00 am	Teachers Training
1.00 pm	Lunch
2.00pm	Gong bath with Linda Thomas
3.15pm	Yoga Nidra
4.00 pm	Afternoon tea and departure

MEALS

All meals are gluten-free and low sugar – but still delicious!

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). Approx. half an hour by foot!

Ruth White • Yoga Centre

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