

# Yoga at Aura Soma

with Ruth White

Thursday 27<sup>th</sup> June – Monday 1<sup>st</sup> July 2024



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.

Guest speaker, 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.



Dining Room



Main Hall

## Accommodation

The bedrooms are most comfortable and tastefully furnished, with views of the countryside and gardens.

Quiet rooms for ascending/meditation are always available.

## Cost & Booking

The full cost of the 5-day residential is £1140. This may increase after 1<sup>st</sup> March.

## To Book

Bookings are taken on a first come first serve basis, as spaces are limited to 27.

Please send a non-refundable deposit of £200.

Please ask the office for BACS details.

## 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 an easy yoga class, meal, and talks with Narain on the day of arrival and the day of departure.

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



Meditation room

Ruth White • Yoga Centre

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

07587 140032 - [info@yogawithruthwhite.com](mailto:info@yogawithruthwhite.com) - [www.yogawithruthwhite.com](http://www.yogawithruthwhite.com)

## SUGGESTED PROGRAMME – subject to change

PLEASE FEEL FREE TO ATTEND ALL OR ANY

### THURSDAY

4.00 pm	Arrival, welcome & registration
5.00 pm	Easy yoga practice – centering down with Parasakti
6.30 pm	Supper together
8.00 pm	Talk with Narain

### FRIDAY, SATURDAY & SUNDAY

7.30 am	Stretch and breathe
8.30 am	Breakfast
10.00 am	Talk with Narain
11.15 am	Coffee/tea break
11.45 am	Yoga and Asana practice with Parasakti – for T.T and advanced
1.00 pm	Lunch
2.45-4.00 pm	Friday - Talk on Aura Soma, Saturday – Ian on herbs, Sunday – Parasakti on 'Letting Go'
4.00 pm	Afternoon tea
4.15 pm	Talk with Narain
5.00 - 6.15 pm	Ascending with Narain or seated postures leading into Pranayama
6.30 pm	Supper
7.45 pm	Talk – Yoga & How to work with mind and body to release fears with Parasakti

### MONDAY

7.00 am	Stretch and breathe
8.30 am	Breakfast
9.30 am	Talk with Narain
11.15 am	Coffee/tea break
11.00 am	T.T with Ruth
12.00 pm	Talk with Narain and Parasakti
1.00 pm	Lunch
2.45 - 4.15 pm	Stretch, pranayama & 'The Art of Relaxation' with Parasakti
4.15 pm	Afternoon tea and farewell

## Travel to Aura Soma

### By train:

If you would like to share transport from Grantham train station to Aura Soma, please take the 1.06pm train from Kings Cross London, arriving in Grantham at 2.19pm.

**Please let us know if you are coming on this train** and we can put you in touch with other travellers to share the taxi cost. The taxi ride is close to an hour and costs approximately £25 per person each way, for 4 people. On Monday the train times leaving Grantham station are frequent and include 4:40pm, 5:08pm and 6:06pm.

For up-to-date information on all train times call National Rail Enquiries on 08457 484950 or go to [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

### 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 Salmonsby, 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.

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