



Weekend in Yoga at HAWKWOOD

Friday 9th – Sunday 11th September 2022
with Narain Ishaya & Parashakti
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 presently in Queensland and is endeavoring to be with us in person, if not then he will be joining us on zoom.

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 views down the stroud valley. It is an Area of Outstanding Natural Beauty.

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)
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

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
5.00 pm	Yoga practice – centering down
6.30 pm	Supper together
7.45 pm	Introductory practical talk

SATURDAY

7.30 am	Teachers Training or meditation
8.30 am	Breakfast
10.00 am	Postures demonstration & explanation or easy class
11.30 am	Coffee/tea break
12.00 pm	Teachers Training – the library is available for meditation
1.00 pm	Lunch
2.45 pm	Postures leading to pranayama & meditation
4.00 pm	Afternoon tea
4.15 pm	Talk with Narain
6.15 pm	Supper
7.45 pm	Talk – Yoga & How to work with mind and body to release fears

SUNDAY

7.30 am	Teachers training or meditation in the library
8.30 am	Breakfast
10.00 am	Asana class – how to adapt your postures to changing needs
11.30 pm	Coffee/tea break
12.00 pm	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 organic, 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) – 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 • www.yogawithruthwhite.com