

# Spring Retreat 2019

## Yoga & Meditation & More

### *Awakening to Springtime*

At Tofte Manor, Bedfordshire 26th to 28<sup>th</sup> April 2019  
With Janet Evans and Jonathan Clark (Suddhaka)



*"Nowhere can man find a quieter or more untroubled retreat than within his own soul"*  
Marcus Aurelius

**Tofte Manor** [www.toftemanor.co.uk/](http://www.toftemanor.co.uk/) is a stunningly beautiful venue with tranquil gardens and a labyrinth, set in the heart of the Bedfordshire countryside, yet within easy reach of London.

This is a perfect venue for a retreat. It is a unique place of exceptional harmony, beauty and peace. The magic of Tofte is held in its very special grounds, its history and the lovingly restored interiors of this wonderful 16th Century English country manor house and gardens. *"Once you enter the huge iron gates and come along the driveway you are entering a magical and enchanting space with beauty everywhere you look. I felt like Alice in Wonderland!"* CG

During our time together we will offer you some calmness and space to breathe and move more freely and enjoy some time away from your usual responsibilities. We will help you to connect with yourself and also with nature as spring emerges and to find a little inner harmony as you gently recharge your batteries.

We shall offer **Yoga Practice and Meditation** to help promote a healthy body and calm mind. The two practices are beautifully complementary to each other. Janet (Yoga) and Jonathan (Meditation) are both very experienced teachers. By the end of the weekend we hope that you will notice increased body awareness, mental clarity and emotional balance.

**Massage** and hopefully **Crystal Healing** will also be available (at extra cost).

**The Meditation** will consist of meditation and relaxation techniques from the Buddhist tradition including Mindfulness and some lovely outside walking meditations.

**The Yoga** will include thoughtful sequencing of postures, dynamic as well as static posture work and careful attention to the breath. Janet is a **Viniyoga** teacher.

Some sessions may be more strenuous, some more meditative; in some we will introduce sound work and references to Buddhist and Yoga teachings.

In between practice there will be plenty of time to enjoy the comforts of the house or explore the lovely grounds and natural beauty.

**Cost: From £350** includes all sessions, accommodation mostly in shared double rooms (limited single room availability) and delicious vegetarian meals.

**For further information please contact Janet Evans:** [jevans238@hotmail.co.uk](mailto:jevans238@hotmail.co.uk)