

YOGA WEEKEND RETREAT with Billy Doyle



21 - 23 October 2016

LADYWELL RETREAT CENTRE
Godalming, SURREY, GU7 1ST

Ladywell is a large retreat centre on the outskirts of Godalming. It has its own extensive grounds and gardens. There are countryside walks nearby.

The majority of rooms are single and it is within easy reach of London. Cost: £260

A retreat allows us to be free from our usual activities and gives us space to go more deeply into our yoga practice. It is a time for renewal and an opportunity for insights that come from quietness.

We will explore postures, breathing, relaxation, meditation and philosophy.

We begin on the Friday with the evening meal followed by meditation.

On Saturday there will be four meetings, two of yoga and two of meditation and pranayama.

On Sunday there will be three meetings, meditation/pranayama, yoga and in the afternoon discussion

The retreats finish with tea at approx. 3.00pm

To book the weekend, please fill in the booking form and email or send it with £100 deposit or full amount to: *Billy Doyle, 35 Nassington Road, London NW3 2TY*
Cheques payable to W. Doyle. For bank transfer please contact me for details.

Balance due 6 weeks before retreat

Cancellations: There will be no refund within four weeks of retreat.

PROGRAMME

Friday:	6.00 pm	Dinner
	8.00 pm	Meditation
Saturday:	7.30 am	Pranayama & Meditation
	8.30 am	Breakfast
	10.30 am	Yoga
	12.30 pm	Lunch
	3.30 pm	Tea
	4.15 pm	Yoga
	6.00 pm	Dinner
	8.00 pm	Meditation
Sunday:	7.30 am	Pranayama & Meditation
	8.30 am	Breakfast
	10.15 am	Yoga
	12.30 pm	Lunch
	2.00 pm	Discussion
	3.00 pm	Tea