

# YOGA & MEDITATION WEEKEND RETREAT 17 - 19 June 2022 with Billy Doyle

HOLLAND HOUSE RETREAT CENTRE, Main Street, Cropthorne, Pershore, Worcestershire WR10 3NB

Holland House stands in four acres of beautiful gardens slopping down to the river Avon. It is in the village of Cropthorne in the Vale of Evesham. There are walks along the river Avon and through the surrounding countryside. Accommodation in single and twin rooms.

We begin on the Friday with the evening meal followed by meditation. On Saturday, there will be five meetings, two yoga sessions, a talk & discussion and two of meditation and pranayama. On Sunday, there will be three meetings, meditation/pranayama, yoga and talk & discussion.

Cost £400 To book please download and fill in booking form and email or post it with full amount or £150 deposit to Billy Doyle, 35 Nassington Rd, London NW3 2TY  
*Cheques payable to W. Doyle. For a bank transfer please contact me for details.*  
Numbers are limited. Balance due by 17 March.

***Cancellations after 17 April will incur a 25% charge. No refund after 17 May***

*A retreat allows us to be free from our usual activities and gives us space to go more deeply into our yoga practice. During the retreat we will explore postures, breathing, relaxation, meditation and self-enquiry.*

This approach emphasizes working with the energy body. Through a letting go and listening without anticipation we allow the body sensation to unfold. We discover in the process, our real body to be light, transparent and expanded in space. In our practice we avoid all mechanical movement and end-gaining, but live moment to moment in the sensation. Practising yoga in this way has a completely different quality. Old patterns melt away and we are open to deeper dimensions of ourselves.

Yoga brings us to know ourselves in silence.

To contact Billy: Tel. 07875 979236 / 020 7794 0773

PROGRAMME	
Friday:	6.00 pm Dinner
	8.00 pm Meditation
Saturday:	
7.30 am	Pranayama & Meditation
8.30 am	Breakfast
10.30 am	Yoga
1.00 pm	Lunch
3.30 pm	Talk / Discussion
4.30 pm	Yoga
6.00 pm	Dinner
8.00 pm	Meditation
Sunday:	
7.30 am	Pranayama & Meditation
8.30 am	Breakfast
10.30 am	Yoga
1.00 pm	Lunch
2.00 pm	Talk / Discussion
2.45 pm	Tea