



WEEKEND OF YOGA

AT THE CHARMING BRAZIER'S PARK, OXFORDSHIRE

FRIDAY 4 – SUNDAY 6 MARCH 2011

Join us for a deeply restful and rejuvenating weekend of yoga at Brazier's Park an architectural treasure set in the beautiful countryside of south Oxfordshire (less than an hour from London). Whether camping in the orchard or sleeping indoors this weekend is an opportunity to revitalise in wonderful peaceful surroundings. Julie and/or Sarah will guide you through extended hatha yoga sessions (suitable for all levels), pranayama, meditation and deep relaxation (yoga nidra) throughout the weekend. You'll be nourished by the land, the vegetarian organic food, the restful fresh air, plenty of yoga and good company. London will seem a million miles away.

In this Area of Outstanding Natural Beauty there is plenty of opportunity for walks through woodland or in the Chiltern Hills between the yoga sessions. Or you may simply wish to curl up in front of the fire in the beautiful drawing room to relax, read, reflect, chat and enjoy being in community in natural surroundings.

Braziers Park is a wonderful Grade II Listed Building set in 55 acres of land with an organic kitchen garden and livestock. The lounge, dining rooms and bedrooms have a rustic charm and are all individually decorated, many have lovely views of the Oxfordshire countryside from the gothic windows. Rooms are on a shared basis unless requested (single supplement applies) with shared bathrooms (there are plenty of toilets/shower rooms and bathrooms). For the those wishing to be close to nature there is the opportunity to camp in the pretty orchard. (you will need to bring: tent/sleeping bags/waterproofs). Camping costs includes all meals/refreshments and camp fees.

TRAVEL: Braziers Park is situated in the Chiltern Hills between Oxford and Reading on the edge of the village of Ipsden. We suggest that those travelling by train go to Reading station and either take a taxi or the X39/X40 bus from outside the station.

For information on the venue and comprehensive travel details to Braziers Park, please visit their website: www.braziers.org.uk

Book early to avoid disappointment:

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SARAH 07717 35 88 66 sarah@practiceyoga.co.uk

(all classes are designed for all levels)

THE DAILY PROGRAMME:

Arrival time on Friday is from 2pm onwards giving you time to settle in and maybe take a stroll before the opening yoga session **at 4.45 pm. Dinner will be served at 7 pm.**

We'll start Saturday morning at a civilized time with an uplifting and joyful yoga session. After brunch you might like to connect with nature on a soulful walk or relax in the house before the **second yoga session of the day in the late afternoon.** The day will conclude with dinner in the atmospheric dining room and sitting around the fire in the drawing room.

Sunday will see us sharing more yoga in the morning before we eat together and draw the weekend to a close around mid-day. You are welcome to stay at Brazier's until later in the day and head home at your own pace.

Holistic treatments will be available throughout the weekend. *(additional charges apply)*

COST:

£242 per person for a shared room

£298 per person for a single room

£198 per person camping

INCLUDED:

Four extended yoga practice sessions

Delicious meals, snacks, refreshments

Charming rustic accommodation

Holistic body treatments *(additional charges apply)*