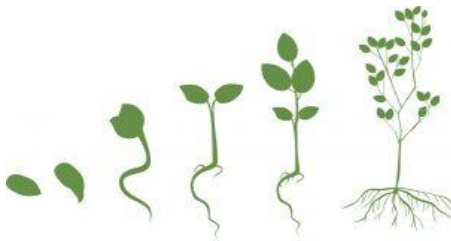


YOGA RETREAT

NAB COTTAGE, RYDAL WATER, LAKELAND, CUMBRIA

24TH TO 26TH FEBRUARY 2017



Early Spring is a time when we are just preparing to burst forth into our full Springtime finery. Still sleepy-eyed after our winter hibernation we are gradually waking up to the possibilities of the year ahead. Now is the time to be skilful in setting our intentions for this cycle of the seasons. Whoever said “if you don’t know where you’re going, who knows where you’ll end up!” was wise indeed!

During this weekend we will explore how we can apply the principles of Yoga to re-create our way of being in the world; to ride the natural cycles of life with acceptance, ease and grace in such a way which will take us further, deeper into our personal evolution. Using the basic Yoga tools of Āsana, Prānāyama, Meditation and Mantras, we will seek to set our Sankalpa for the year, preparing the ground for beneficial growth and lasting happiness.

- Beautiful lakeside retreat centre
- Freshly prepared Vegetarian meals
- Daily Yoga and Meditation Sessions
- Yoga philosophy discussions

The Venue

In 2009 Nab Cottage was listed at 23 in 'Britain's 50 best kept secrets' by the Daily Telegraph. It is quoted as being, 'One of the most mysterious and beautiful of all the Lake District's traditional cottages, once lived in by the opium-eater Thomas De Quincey'.

Nab Cottage stands alone on the side of Rydal Water, in the centre of the English Lake District. The situation is idyllic; surrounded by mountains in the heart of the valley, yet only 2 miles from Ambleside and Grasmere.



The yoga studio at Nab Cottage is purpose-built by yogi-owners Tim and Liz. Warm, light and very welcoming, it's the perfect space for relaxed exploration.

In addition, there is a Wood Fired sauna, an outdoor Hot Tub, and Tim and Liz are on hand to offer a range of treatments including Reiki, Reflexology, and Oil massage. A session in the Hot Tub is included in your retreat price; other treatments by prior arrangement.

About Moira

Moira first started practising yoga in 2002 at the age of 39 when she took an Ashtanga Yoga course as simply what she hoped would be more interesting form of exercise than spin classes. Her hopes were more than fulfilled and yoga has become the central focus in her life.



After practicing Ashtanga Yoga regularly for some 4 years, Moira decided to turn her full attention to her personal development; she sold her successful business and bought a round-the-world air ticket. After spending some time sampling the joys of many varied and wonderful yoga shalas in New Zealand and Australia, Moira made her way to South East Asia and ultimately to India. She travelled around Asia and India for a further two years, practicing and studying Ashtanga, Iyengar Yoga and traditional Hatha yoga as well as Buddhist meditation techniques and Thai Yoga Massage. She completed her Ashtanga teacher training in Mysore, India where she also studied Pranayama and Yoga Philosophy.

Since returning to the UK, Moira has been studying Vinyasa Krama Yoga with Steve Brandon of Harmony Yoga Academia. She is now fully qualified to teach this authentic and very effective style of Yoga.

BOOKING FORM: NAB COTTAGE RETREAT 24TH TO 26TH FEBRUARY 2017

The cost of the weekend is £225.00, including all meals based on two people sharing a twin/double room. There are some single rooms which are allocated on a first-come-first-served basis. After that single occupancy of a twin/double room is possible with a £20 per day surcharge (£40 total).

Name:	
Address:	
Post Code:	
Phone(landline):	
Mobile:	
Email address:	
Single room required?	
Dietary requirements	
Yoga Experience:	Beginner / Intermediate / Advanced (please circle as appropriate)

Booking Terms and Conditions.

A £50 deposit will be requested at time of booking. Full payment is due by 1st February 2017. Your deposit payment secures your place and is non-refundable, unless the event is cancelled by Fluid Yoga.

Signed _____

Date _____

Please send this completed form to moira@fluid-yoga.co.uk or by post to:

Fluid Yoga, 36 Broom Lane, Whickham, Newcastle-upon-Tyne, NE16 4QZ