



# YOGA RETREAT

The Stillness Retreat Centre, Nr. Aumale, France

**WEDNESDAY 13 TO SUNDAY 17 OCTOBER 2010**

Cost: £450 per person (twin room) - £40 early bird discount

Celebrate life and nourish your mind, body and soul. Join us at the idyllic and welcoming Mill Retreat Centre for 4 nights of yoga and nature as the leaves begin to turn gold and the nights draw in. Spend the days cultivating the quiet space within and the evenings chatting with friends around the firepit on the banks of the lake or in the lovely French lounge.

This long weekend of yoga promises to be a deep, FUN, inspiring and heart-opening time. Each day will start with early morning pranayama (breath work) and meditation and continue with a combination of asana (physical postures), mantra (chants) and talks on yoga. There will even be one full day of mouna (the powerful practice of silence).

The historic Mill, surrounded in almost equal measure by woodland and water, sits on the bank of the river Bresle amid 30 acres of Outstanding Natural Beauty. It was built in 1846 as a Camembert cheese factory and was converted into dedicated retreat centre with love and care by the present owners (**their previous centre was noted by the Guardian newspaper to be among the top 10 retreat centres in the world**). There are wonderful indoor and outdoor yoga spaces (weather permitting).

The Mill is a stones throw from a ten acre lake and abounds with nature; wild deer roam through the area, water voles live on the banks of the lake and there are over 40 species of bird on-site. It is the perfect venue for connecting with yourself, others and nature in deeply peaceful and tranquil surroundings.

Both Julie and Sarah teach the asana, a mixture of a vinyasa flow/dynamic hatha, with some sessions looking at the more subtle aspects of the asana practice and pranayama, meditation.

**Book early to avoid disappointment:**

**JULIE 07979 21 88 68 [info@yogaclassesswithjulie.co.uk](mailto:info@yogaclassesswithjulie.co.uk)**

**SARAH 07717 35 88 66 [sarah@practiceyoga.co.uk](mailto:sarah@practiceyoga.co.uk)**

*The retreat is open to everyone who has some yoga experience.*

## HOW DO I GET THERE?

Located in Northern France the Mill Retreat Centre is easy to reach from the UK (about three hours from London via Eurostar). The Centre is one hour inland from Dieppe, on the border of Normandy and Picardy. The most economical way of travelling from Southern England is by Ferry. Newhaven to Dieppe is a 4-hour crossing and The Mill is located only 35 miles east of Dieppe via car.

## INCLUDED IN THE WEEKEND:

- Accommodation on a twin basis (single rooms available at a supplement)
- All meals and snacks. The centre prides itself in using locally sourced, seasonal and wherever possible, organic produce

## THINGS TO DO:

- Swim or row on the lake (boat available)
- Stroll 1-mile into the town of Aumale and visit one of the oldest Gothic churches in France or browse the quaint shops
- The Bresle Valley offers plenty of fresh air and wonderful walking on your doorstep (maps and guides available)
- The centre has bikes available for use including a bicycle made for two.

**KARINA COX** will be joining us and offering Holistic body treatments - some using Neal's yard products. (*additional charges apply*)