



## Winter Weekend Yoga Retreat with Michelle at Tilton House 5-7<sup>th</sup> November 2010

*Come and enjoy a weekend of exploration through Yoga to relax and de-stress, rejuvenate, re-energise and expand your whole mind, body and soul.*

### Testimonials from previous retreats:

*"Beautiful Location, longer meditation on the platform was brilliant. You are an inspirational and wonderful teacher, thank you for sharing!" Bridget Leeming*

*"Michelle is encouraging and firm enough to push you to your edge, as a Yoga teacher I loved this. Excellent and varied Yoga Practice – I learnt a lot from you." Catherine Ogilvie*

*"Just wanted to say a big thank you for a fantastic retreat. The location was beautiful, and I really, really enjoyed the yoga." Cat Edera*



### The Yoga

Michelle teaches Flowing Hatha Yoga, drawing from different styles of Yoga including Sivanada, Vinyasa for flowing sequences and Yin for meditative practice, balancing the dynamic power and flow, with the softness and stillness of Yoga. She encourages each person to connect with his or her own body and mind with a strong focus on the breath, emphasising precise alignment and fluid movement and encouraging deep relaxation within.

This retreat is suitable for all levels and backgrounds. Each person receives individual attention, adjustments and encouragement to go beyond any self-imposed limitations. Michelle's teaching is motivational, intuitive, encouraging and inspiring, using a down-to-earth approach, drawing from her extensive experience working with the body.

### The Venue

Tilton House is an impressive Georgian country house with a wonderful energy and ambience. Nestled underneath the South Downs and edged by woodland with far reaching views across the Sussex Weald, Tilton House sits impressively in the natural landscape.



Michelle Cross

<http://www.yogarelaax.co.uk>

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78 Cheviot Road, London, SE27 0LG



## The Accommodation

Tilton House is stylishly decorated using natural materials and every room has plenty of character with views over either the Sussex Weald or Downs. The gardens are peaceful and expansive ideal for exploring or go further afield to the picturesque countryside.

Rooms are twin, triple or double. Single rooms are limited with an additional supplement.

More info available at <http://www.tiltonhouse.co.uk>

## What to expect

A restorative weekend to relax and renew...

- Six sessions of all types of Yoga; four Yoga classes, of which Friday evening and Sunday to include a deeply relaxing Yoga Nidra (conscious Yogic sleep) plus two sessions of Meditation and Pranayama (breathing exercises) for those who want to get up early Saturday and Sunday mornings.
- Each Yoga class last approximately 2 hours and incorporates Pranayama (breathing exercises), Sun Salutations with flowing Vinyasa variations, Asanas and guided relaxation.
- Early morning meditation and Pranayama lasting half an hour for those who wish to get up early 😊
- The morning classes are more dynamic and uplifting and the evening classes more restorative, however will be guided by the groups' needs.
- Six healthy vegetarian meals, using organic and home grown produce. Also a constant supply of tea, herbal teas, coffee and snacks.
- Fire pit on Saturday evening (weather permitting) since its Guy Fawkes weekend – we may even catch local fireworks displays. Or can relax indoors around log fire.
- Transfers to and from Berwick station.
- As little or as many walks as you want around the beautiful countryside.
- Use of the tennis court if you're feeling energetic– weather permitting!
- Lounging and chilling in the wonderful sitting room in front of an open fire.
- Use of library's eclectic selection of books.

## The Cost

Early Bird Discount;

£275 if you book before August 31st

£295 if you book on or after 31<sup>st</sup> August

A non-refundable deposit of £125 needs to be paid to secure your place on the retreat and the remaining balance by 30<sup>th</sup> September.

Single supplement is £60 for the weekend.



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## The Teacher

Michelle has over 19 years experience in the health, wellness and fitness industries, originally as a fitness/exercise instructor and Holistic Massage Therapist in London. Over the years she has trained in various therapies and having found Yoga 10 years ago, re-trained as a Yoga teacher and is certified by the Yoga Alliance. Michelle encourages everyone to find their own Yoga and the union within. She is down to earth, caring and compassionate and brings like to bring a sense of fun and enjoyment to every class.

## Getting There

Tilton House is just one hour away from London on the train and twenty minutes from Brighton. A regular train service runs from London Victoria to Berwick where you can be collected and taken to the venue. Go to <http://www.nationalrail.co.uk> for times.

For more info on how to get to Tilton House by car [click here](#)

The retreat will start at 5pm Friday and finish after lunch on Sunday, however you can stay on til 5pm to relax or take in the countryside. You need to arrange your own way of getting to and from Tilton House – however assistance will be given to car share etc



## Book Now!

Places are limited on this wonderfully rejuvenating retreat, so to book your place contact Michelle [info@yogarelay.co.uk](mailto:info@yogarelay.co.uk) to do so.

To secure your place a non-refundable deposit of £125 needs to be paid by cheque or BACS – Michelle will give you all the details. And why not take advantage of the early bird discount of £20 off the full price if you book by 31<sup>st</sup> August.

Look forward to seeing you there and sharing the power of yoga with you!

Michelle says,

*"It is a pleasure to share a practice that has the potential to change your life, as it has mine - I am inspired by those I teach and I hope to inspire you to find your Yoga ."*

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