

# 'BIRDS, BEASTS AND MYTHS'

## YOGA FOR EVERYONE

FAMILIES WELCOME



## Late Summer Yoga Retreat at La Roseraie, Romagne

*"Spend 4 days enjoying yoga & well-being in the vibrant French countryside"*

**Monday 28<sup>th</sup> August ~ Friday 1<sup>st</sup> September 2023\***

*\* (additional nights' stay at reduced rate also available - please ask)*

**Teachers: Helen Sutcliffe (FRYOG); Helen Gilhooly (FRYOG)**

- ✿ 10 Hatha yoga sessions and one complimentary treatment
- ✿ 4 nights bed and full board in beautiful French farmhouse-style rooms & menus to suit all requirements
- ✿ Visit to local attraction and walks
- ✿ Free use of the swimming pool, hot tub and extensive gardens
- ✿ Additional treatments and Master Yoga classes @ £35/€40 each
- ✿ Advice on transport to/from airport and free bike hire

**Total cost (based on two people sharing a room)      £410/€455 pp**

Airport + local transport cost                      £50/€55 pp (based on 4 people sharing)

**Family rate available for three or more in a room**

**Nearest airports:** Poitiers and Limoges (Ryanair, Easyjet, BA, etc.)

**Train stations:** Poitiers, Vivonne, Epanvilliers

**For further information please contact Helen Gilhooly:**

✉ [contact@laroseraie-romagne.com](mailto:contact@laroseraie-romagne.com)

☎ 0033 549 87 0850

📘 Yoga Retreats at La Roseraie Romagne

🏠 [www.laroseraie-romagne.com](http://www.laroseraie-romagne.com)

## Your accommodation

You will be staying at 'La Roseraie', an historic 1850s Charentais stone farmhouse full of character and charm with beautiful exposed oak beams, large fireplaces and wood floors. The spacious en-suite bedrooms, large lounges, terrace and sitting out areas, private grounds and swimming pool provide space and tranquillity for all.

## About the teachers

Your yoga teachers, **Helen Gilhooly** and **Helen Sutcliffe**, have over 70 years of yoga experience between them and deliver their courses through FRYOG (Friends of Yoga International), UK's premier teacher training school. Helen Sutcliffe has trained numerous teachers to follow in her footsteps whilst pursuing her own yoga journey. In her own words: 'yoga is too important to be taken seriously'. Helen Gilhooly trained to be a yoga teacher under the expert eye of Helen Sutcliffe. Her own yoga journey has taken her most recently to France with her family where she is running a chambres d'hôtes whilst continuing to teach yoga.

## What our Yoga Retreat participants have said about us:

"I really started to tune in to how my body was feeling and I felt there was time to concentrate on my breathing with the postures."

"My expectations were met and more and I feel I have moved further on my yoga journey."

"It has been lovely. Arrived with no set expectations and am leaving feeling lighter & happier."

"I expected it to be enjoyable but it exceeded that - I leave with a clearer, less stressed mind."

"I have loved the programme you put together, leaving with peace, clarity and new interests."

"As a vegetarian, I really appreciated the effort you put into the veggie options, while not forcing non-veggies to eat only veggie."

"This retreat has built on things I have done in class. It has given me a clearer sense of yoga for morning and evening - beautiful rhythm."

"I loved all the yoga sessions and the excellent food - nourishing spiritually and physically! Excellent hosts."

"I think the formula is perfect - I loved all aspects of every day - perfect combination of yoga, friends, food and perfect hosts!"

"I wanted to feel chilled and relaxed and this has been achieved"

"My expectations were more than met. I'm glad to have a paper copy to take away with me - something for me to follow"

"Relaxing: able to chill, reflect. Enjoyable: Yoga and sociable time chatting over meals together. Fun: We laughed, I love a bit of humour"

"The warmest welcome I've ever received, outside family and friends"

"Embarking on a group yoga holiday is daunting . . . how will the group work? Can I do the yoga? Will I enjoy it? - No problem . . . all taken care of by kindness, great planning, and by our hosts and teachers doing everything they could and more to make it wonderful"