



*“Spend 5 days enjoying yoga & well-being in the beautiful, vibrant French countryside of the Poitou-Charentes”*

**La Roseraie Romagne is offering two Yoga Retreats in 2017**

**Tuesday 30th May ~ Saturday 3rd June 2017**

**Theme: Balancing the Sun and Moon within; harmonising the Warrior & Goddess**

**Tuesday 29th August ~ Saturday 2nd September 2017**

**Theme: Connectivity to the earth - harvest, fruition and Chakra colours**

Included in each retreat are:

- ☀ 10 Hatha yoga sessions and one complimentary treatment
- ☀ Bed and full board in four beautiful French farmhouse-style rooms & Vegetarian-based menu
- ☀ Visits to local attractions (inc. monkey park and market)
- ☀ Free use of the swimming pool, hot tub and extensive gardens
- ☀ Additional treatments and Master Yoga classes @ €35 each
- ☀ Advice on transport to/from airport and free bike hire

**Total cost (based on two people sharing a room)      £498 pp**

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

Supplement for single occupancy                      £100

Reduction for 3 or more in a room                      £50 pp

*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.*

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

**contact@laroseraie-romagne.com or phone 0033 549 87 0850**

**Find us on Facebook 'La Roseraie Romagne' or at**

**www.laroseraie-romagne.com**

### 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'hotes whilst continuing to teach yoga.

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

"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"

