



HOLISTIC YOGA AUTUMN RETREAT

at

THE RILL ESTATE
Near Buckfastleigh Devon

with

DUNCAN HULIN

Director of The Devon School of Yoga

and

ANDREA GUEST

(Dip DSY YRT)

13-15 November 2020

ASANA - PRANAYAMA - MEDITATION

Experience a weekend of yoga, pranayama and meditation with time to relax and enjoy the beautiful surrounding countryside of the Rill Estate near Buckfastleigh, Devon.

Vegetarian cuisine

Spacious light studio

Price £330.00

Includes: Accommodation, all meals/drinks, six yoga sessions

Tel: 01392-420573 Email: info@devonyoga.com Web: www.devonyoga.com
4 Barnfield Hill, St Leonards, Exeter, EX1 1SR

Holistic Yoga Autumn Retreat

13-15 November 2020

THE VENUE

The residential venue is the privately owned Rill Estate near Buckfastleigh surrounded by lush Devon Hills between Dartmoor and the coast and almost hidden by 80 acres of woods, fields and organic farmland. There is a light spacious studio, a welcoming sitting and dining area with a wood burning stove and accommodation in en-suite twin rooms (limited single rooms are available and carry a supplement) which are cleverly designed to maximise natural light. In addition to the delicious vegetarian food, which depending on the time of year may well include organic food grown on the estate plus there are miles of marked walks to explore through unspoiled woodlands. (rillestate.co.uk)

DAILY SCHEDULE

Friday 13 November

2:30-3:30pm	Arrive and settle in
4:15pm – 6:30pm	Introductions / orientation, Yoga in the studio
7:30pm	Dinner
10:30pm	Retire
Evening	Free time - relax and socialize

Saturday 14 November

6:20am	Wake up call. (Silence on waking through to breakfast)
7:00am – 8:30am	Meditation, pranayama, kriyas & morning stretches
9:00am	Breakfast
10:30am – 12:30pm	Yoga in the studio
1:00pm	Lunch
2:00pm – 4:00pm	Free time / walk / siesta etc, all optional
4:15pm – 6:30pm	Satsang followed by yoga in the studio
7:30pm	Dinner
10:30pm	Retire

Sunday 15 November

6:50am	Wake up call. (Silence on waking through to breakfast)
7:30am – 9:00am	Meditation, pranayama, kriyas & morning stretches
9:30am	Breakfast
11:00am – 1:00pm	Yoga and closing session
1:30pm	Lunch
3:30pm	Depart

NOTE: The schedule is not set in stone and the timings may vary slightly.

Covid19

Please note, as the safety of all attendees as well as tutors and staff are our priority, you will receive full social distancing guidelines which the venue has in place. As the current situation means that these guidelines are constantly being reviewed and updated, these guidelines will be sent to you in the beginning of November 2020.

If you have already booked and we have to cancel due to any further lockdown restrictions, a full refund will be given.

Due to social distancing, we are not allowed to use the hot tub nor to have Saturday evening chanting. Therefore, do take the opportunity for the weekend to be a quiet retreat for self-reflection, yoga practice and study.

DIRECTIONS

Travelling on the A38 either from Exeter or Plymouth take the exit to Buckfastleigh. Then turn left onto the A384 signed Totnes and Dartington. Almost immediately you will see a pub on your left called the Dartbridge Inn. Take the first right approx 300m after pub turning into a narrow road that goes over the river Dart. Once over the bridge the road will bear sharp right then bears left uphill where you then turn left into Colston Road. Continue for approx half a mile then turn right into Rill Estate drive. Follow drive to car park. The nearest train station is Totnes (approx fifteen minutes away). (rillestate.co.uk)

Taxi: Steve at Happy Cabby 01803 559292 or 07979 044146

PRICE

Total Price: £330

The all-inclusive price includes: Two nights' accommodation in twin rooms (limited single rooms available which have a £30 supplement - e.g. £15 per night), all meals / drinks, six yoga sessions.

Please make cheques for the full amount payable to the **Andrea Guest Residentials Limited** and send to: **Devon School of Yoga, 4 Barnfield Hill, St Leonards, Exeter, Devon, EX1 1SR.**

NOTE: for an online BACs payment option, please email the school at: info@devonyoga.com

TERMS & CONDITIONS

Should you wish to cancel a booking once made we regret payment is **non refundable**. We reserve the right to cancel the retreat due to unforeseen circumstances, in which case all monies will be returned. (Please see the Covid19 exception included page 2.)

All information is correct at the time of going to press. We do not accept liability for loss or damage to your personal property, or any accidents during your stay. Attendees are responsible for their own travel insurance.

Booking Form

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(Please cut off, complete and return to the Andrea Guest Residentials Limited with cheque or you can request online bank transfer details via info@devonyoga.com)

Name.....

Address.....

.....Postcode.....

Telephone..... Email.....

I/We enclose **£330** per person for the Holistic Yoga Autumn Retreat 13-15 November 2020.
Cheque(s) payable to **Andrea Guest Residentials Limited** - and send to:
Devon School of Yoga, 4 Barnfield Hill, St Leonards, Exeter EX1 1SR.
For an online BACs payment option, please email the school at: info@devonyoga.com
I/We have read, understand and agree with the terms & conditions.

Signature(s)..... Date.....