



# Holistic Autumn Yoga Retreat

## 7-10 November 2024

at

### The Rill Estate

Near Buckfastleigh, South Devon

With

### Duncan Hulin

Founder of the Devon School of Yoga

### Andrea Guest and Barry Elms

Devon School of Yoga Tutors

### Asana - Pranayama - Meditation

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

**Vegetarian cuisine**  
**Spacious light studio**  
**Price £625.00**

#### Includes

- Ensuite Accommodation
- All meals, snacks, and drinks
- Nine yoga sessions
- Kirtan

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01392-420573, [www.devonyoga.com](http://www.devonyoga.com), [info@devonyoga.com](mailto:info@devonyoga.com)

## 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 ensuite twin rooms (limited single rooms are available and carry a supplement) which are cleverly designed to maximise natural light. The delicious vegetarian food is locally sourced. Plus, there are walks to explore through unspoiled woodlands. (rillestate.co.uk).

## 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 (approximately fifteen minutes away). (rillestate.co.uk)

We hope you can join us and take this opportunity to enjoy this weekend yoga retreat with plenty of time for rest, rejuvenation, self-inquiry, and time in nature.

## DAILY SCHEDULE

### Thursday 7 November

2:30pm - 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 socialise

### Friday 8 November

6:20am	Wake-up call. (Silence on waking through to breakfast)
7:00am - 8:30am	Meditation, pranayama, kriyas & morning stretches, yoga in the studio
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 miscellaneous practices
7:30pm	Dinner and relax by the log burner
10:30pm	Retire

### Saturday 9 November

6:20am	Wake-up call. (Silence on waking through to breakfast)
7:00am - 8:30am	Meditation, pranayama, kriyas & morning stretches, yoga in the studio
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 Qi Gong and Yoga Nidra
7:30pm	Dinner
9:00 - 10:30pm	Kirtan
11:00pm	Retire

**Sunday 10 November**

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

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

**PRICE**

**Total Price: £625**

**The all-inclusive price includes** Three nights’ accommodation in twin rooms (please note that limited single rooms are available with a £30 supplement) all meals, snacks, and drinks, nine yoga sessions, and kirtan.

Payment can be made via bank transfer to:

**Andrea Guest Residentials Limited**

**Account number: 15544062**

**Sort Code: 30-80-37**

(When paying via transfer, please include your name and the reference “**Rill 24**”)

**TERMS AND CONDITIONS**

Should you wish to cancel a booking once made we regret payment is non-refundable and non-transferable. We reserve the right to cancel the retreat due to unforeseen circumstances, in which case all monies will be returned. 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/health insurance.

**Booking Form**

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(Complete and return to Andrea Guest Residentials Limited via [info@devonyoga.com](mailto:info@devonyoga.com))

**Devon School of Yoga – Autumn Retreat – 7-10 November 2024**

**I enclose a deposit of £300 with the balance of £325 due on or by 7<sup>th</sup> October 2024**

**Name**.....

**Address**.....

.....**Postcode**.....

**Telephone**..... **Email**.....

**I/We have read, understand, and agree with the terms & conditions**

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