



Holistic Yoga Autumn Retreat 6-9 November 2025

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

Āsana - Prāṇāyāma – Meditation – Satsang - Kirtan

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

Quality vegetarian cuisine by Dish Catering
Spacious light studio

Price £665

Includes

- En-suite Accommodation
- All meals, snacks, and drinks
- Nine yoga sessions

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, and accommodation in en-suite twin rooms (limited single rooms are available and carry a supplement).

CATERING

The delicious vegetarian food is provided by Kara (Duncan Hulin's Daughter) who runs "Dish" catering (www.instagram.com/thedishkitchen). Her nourishing recipes include a plentiful mix of nutritionally balanced and appetising cuisine.



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 long weekend yoga retreat with plenty of time for rest, rejuvenation, self-inquiry, and time in nature.

DAILY SCHEDULE

Thursday 6 November

| | |
|-----------------|---|
| 2:30pm - 3:30pm | Arrive and settle in |
| 4:15pm - 6:30pm | Introductions/orientation, yoga in the studio |
| 7:30pm | Dinner |
| Evening | Free time - relax and socialise |
| 10:00pm | Retire |

Friday 7 November

| | |
|-------------------|---|
| 6:20am | Wake-up chimes. (Silence on waking through to breakfast) |
| 7:00am - 8:30am | Meditation, prāṇāyāma, 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. |
| 4:15pm - 6:30pm | Satsang followed by miscellaneous practices |
| 7:30pm | Dinner |
| Evening | Free time - relax and socialise |
| 10:00pm | Retire |

Saturday 8 November

| | |
|-------------------|---|
| 6:20am | Wake-up chimes. (Silence on waking through to breakfast) |
| 7:00am - 8:30am | Meditation, prāṇāyāma, 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. |
| 4:15pm - 6:30pm | Satsang followed by Qi Gong and Yoga Nidra |
| 7:30pm | Dinner |
| 9:00 - 10:30pm | Kirtan |
| 11:00pm | Retire |

Sunday 9 November

| | |
|------------------|---|
| 6:50am | Wake-up chimes. (Silence on waking through to breakfast) |
| 7:30am - 9:00am | Meditation, prāṇāyāma, 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: £665

The all-inclusive price includes Three nights' accommodation in twin en-suite 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 25")

TERMS AND CONDITIONS

Payments are 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

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

Devon School of Yoga – Autumn Retreat – 6-9 November 2025

I enclose a deposit of £300 with the balance of £365 due on or by 6th October 2025

Name.....

Address.....

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

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

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

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