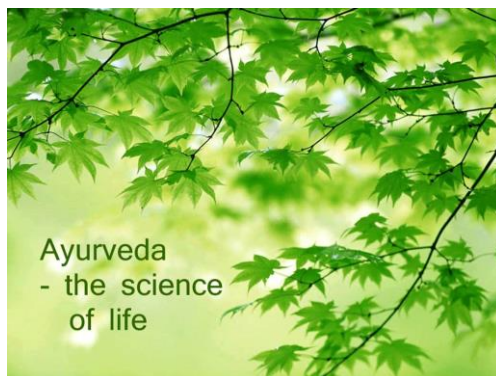




# Living Well with Yoga & Ayurveda - Rejuvenating 3 Day Retreat in Dorset

12<sup>th</sup> 13<sup>th</sup> 14<sup>th</sup> May 2023



3 days of Yoga, Ayurveda, Rest & Relaxation and Delicious Vegetarian /  
Vegan Food in an Idyllic Location.

**Book Early to avoid disappointment**

Relish every moment as we come together to share the joy of rejuvenating the mind, body and soul through daily yoga practice, meditation, rest and relaxation and presentations on living well with Ayurveda.

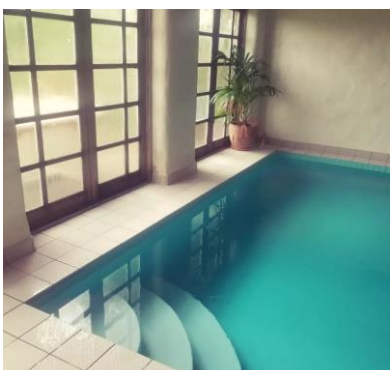


Treat yourself to:

- ♥ 3 x days and 2 x nights full-board accommodation in a charming, beautifully located eco-retreat
- ♥ Exclusive use of the venue and all facilities, including luxury heated swimming pool (see photos below)
- ♥ Option to join in on a total of 12 wellbeing sessions including Yoga / Meditation / Relaxation classes and Ayurveda presentations
- ♥ Delicious vegetarian / vegan meals (mainly organic & local produce) prepared, on site by our own personal chef.
- ♥ Free WiFi and parking
- ♥ Plenty of free time to explore the beautiful countryside and beach (5 mins drive away) rest relax and enjoy!

## THE VENUE

**Bonhays Retreat Centre** is a magical sanctuary of calm and tranquillity, nestled in Dorset's rolling hills between Bridport and Lyme Regis, and just 2 miles from the sea. With its indoor heated pool, comfortable accommodation, valley views, and secluded location, it is the perfect getaway.





## THE RETREAT

The simply furnished accommodation is of a high standard; well-equipped, with a warm welcoming feel, very clean, comfortable rooms. The main communal living space (there's more than one) has large sofas, and a wood burning stove to keep visitors cosy - with teas, snacks and fruit available in the kitchen areas at all times.



## THE FOOD

Bonhays Resident Chef, Evie will be catering especially for us. Well known for her fabulous feasts and personal touch, Evie sources (if she hasn't actually grown them herself!) local, organic ingredients wherever possible. Her food both looks and tastes delicious: wholesome dishes that are satisfying and very tasty. Lunch and supper will be prepared for us, breakfast is self-serve. All food and drink will be vegetarian / vegan. Bonhays will do their best to accommodate additional dietary requirements such as gluten-free, with sufficient notice - so please make sure you request this when booking.

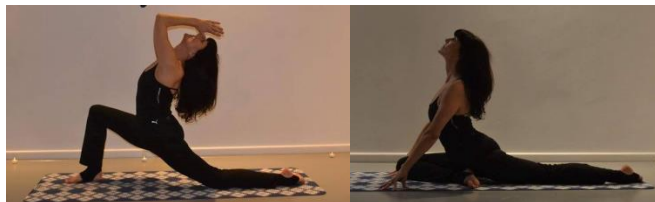
## YOGA

Yoga sessions will be suitable for all levels, from beginners to seasoned yogis, and held in the Group Room - a lovely large space with a gentle, restful vibe. If the weather is kind, we may even move outside! The morning class will be more energising, with the later yoga session being softer and mostly mat-based. Meditation sessions will be offered in the morning and afternoon. Chakra meditation and Yoga Nidra are guided sessions designed to fully relax the mind body and soul. Drop--in sessions for consultation on your own practice will be available during the retreat.

## PRESENTATIONS

Each presentation will focus on different aspects of the benefits of living with Ayurveda – aimed towards understanding the concept of Dosha, Agni and Ama, Diet, Daily routines and Mind Set - guaranteed to enhance your overall wellbeing.

## THE TEACHER



**Julia Chilcott-Coombes**

FCMA, BA (Hons), Phys Ed Cert, PGCE, E-RYT-500, CYQ-YMCA Dip

Julia is a qualified and experienced Ayurveda and Yoga Consultant as well as a full-time teacher who is committed to delivering informative practical and educational programmes that inspire the use of Ayurveda and Yoga principles in daily life. She is extremely passionate about practising and sharing the proven benefits that the synergies between the ancient traditions of Ayurveda and Yoga have on personal wellbeing.

By using Ayurveda and Yoga principles the body and mind are brought into balance; vitality can then develop. The individual is then able to perceive the true nature; this allows life to be lived more freely and spontaneously.

## THE LOCATION

**GETTING THERE:** The address is: Bonhays Farm, Whitchurch Canicorum DT6 6RF

**Car:** Please refer to map below. There is plenty of parking at the centre. **Train:** Nearest station is **Axminster** - on the main London Waterloo to Exeter line. There are buses from the station to Morecombe Lake (a 20 min downhill walk away), or book ahead for a taxi from Axminster station for a cost of roughly £20. Try Axminster Taxis (01297) 34000, or BJ's 35007.

## DORSET

One of the the UKs most iconic and beautiful counties, Dorset enjoys 364 more hours of sunshine throughout the year compared to the UK average and is home to the Jurassic Coast, the only natural World Heritage Site in England.



<https://www.google.co.uk/maps/place/Bonhays+Farm,+Whitchurch+Canonicorum,+Bridport+DT6+6RF>

**RETREAT PROGRAMME: NOTE** This is a SAMPLE ITINERARY. The final schedule we be issued nearer the time as this allows to tailor more specifically to participants needs.

You are free to do as many or as few sessions as you wish.

#### FRIDAY

- 4.00pm: Arrival & settling in /Housekeeping & guided tour on arrival
- 5.15pm: Studio - Welcome & *Intro to Yoga Veda – ‘Focus on the Fundamentals’*
- 5:45 pm 45-minute Gentle Yin Yoga class *‘Understanding the elements’*
- 7.00pm: Dining Area- Light Supper & Prepare Ayurveda Style Breakfast (Kitchen)
- 8:30pm: Studio- 30-minute Candlelight Guided Pranayama & Meditation *‘Looking after the senses’*

**SATURDAY-Note:** Dependent on weather schedule may alter - opportunity may present itself to be able to view sunrise, swim, take part in yoga and meditation on the beach (always decided on group consensus)

- 6.30am: Studio/ or beach - Guided Pranayama & Meta Meditation Yoga Class (Vinyasa Flow)
- 7:45am: Dining Area- Self Service Breakfast
- 9:00am: Dining Area -Presentation: *‘Living in harmony with Ayurveda’*
- 10:00am: Free time for R & R, walk/ beach/ swim. / sightseeing / treatment (pre- booking required for treatments- see attached list)
- 12.30pm: Dining Area- Lunch
- 1:30pm: Free time for R&R walk/ beach/ swim / sightseeing / treatment (pre- booking required for treatments- see attached list)
- 4:15pm: Studio – Presentation understanding *‘Agni, ama and ojas’*
- 5.15pm: Studio- Guided Yoga Class (Restorative Yoga) *‘Understanding the vayus’*
- 6.30pm: Dining Area- Light Supper with authentic Indian dishes – Prep Breakfast
- 7.30pm: Outdoor Grounds- Round the bonfire gathering (Weather permitting)
- 8.00pm: Studio- 45-minute Guided Candlelit Yoga Nidra (*Full Body Mind & Soul Relaxation*)

**SUNDAY Note:** Dependent on weather schedule may alter - opportunity may present itself to be able to view sunrise, swim, take part in yoga and meditation on the beach (always decided on group consensus)

- 6.30am: Studio/ or beach - Guided pranayama & meditation Yoga Class (Vinyasa Flow)
- 7:30am: Kitchen - Self Service Breakfast
- 9:00am: Studio – Presentation – ‘*Finding your own balance*’
- 10:00am Free time for R & R, walk/ beach/ swim. / sightseeing / treatment (pre- booking required for treatments- see attached list)
- 12.30pm: Dining area Lunch
- 1:30pm Studio: *Circle of reflection and moving forward*
- 2.30pm: Departure

\* Please note, the programme may be subject to change



## BOOKING INFORMATION

All prices are **per person** and include all meals, accommodation, linen & towels as well as all classes and presentations.

There are a range of room options. -

### Single booking sharing accommodation £350 pp (Straw Cabins)

Room configuration: 2x Twin Bunks, 2 x double bedroom (possible up to four sharing in each cabin)

Each cabin includes

- 1 double bedroom (2 sharing)
- 1 twin bedroom (2 single bunk beds)
- Private shower and loo
- Private galley kitchen and diner/sitting room
- Lovely verandas overlooking the hills

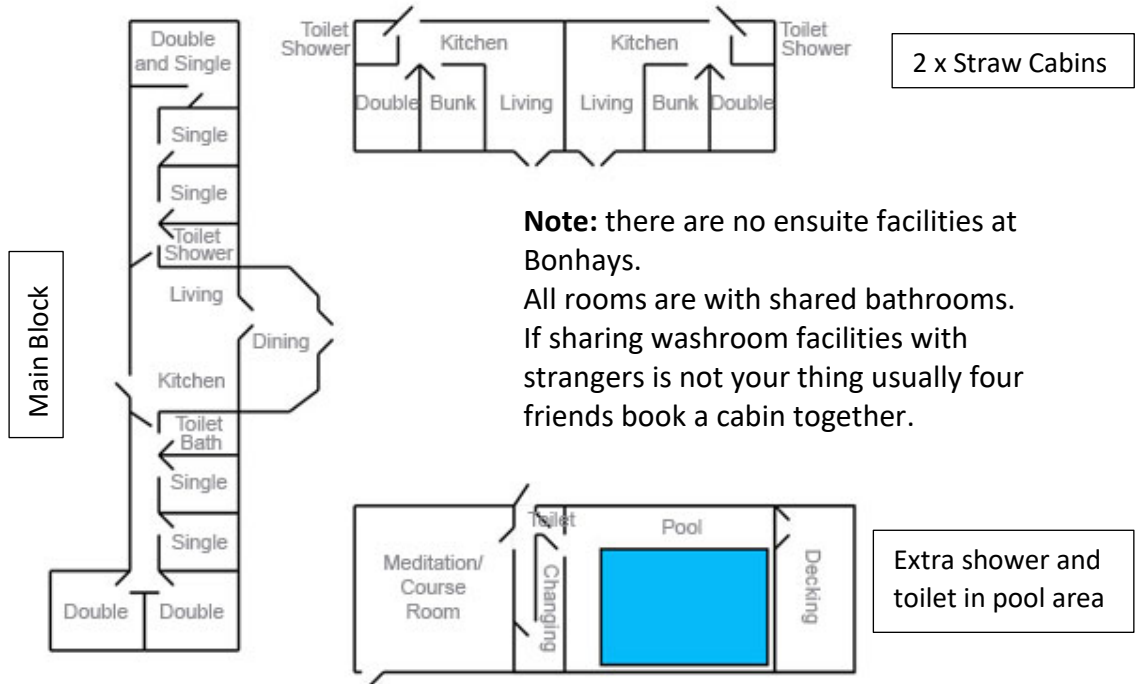
### Main House:

**Triple room single booking (possible 3 sharing) £350 pp** (1 room available)

**Single Room £389pp** (sole occupancy): with single bed. (4 rooms available)

**Large Single Room £419 pp** (sole occupancy): with double bed. (3 rooms available)

See layout of venue below



(NOT included in the price: Travel to and from the venue, and travel insurance)

Interested? Great! To find out more about booking your place please email your [yogavedaukhub@gmail.com](mailto:yogavedaukhub@gmail.com)

You can reserve your place by submitting the £250 non-refundable deposit. Via [Yoga & Ayurveda -Rejuvenating 3 Day Retreat in Dorset - Yoga Veda \(yogavedaukhub.com\)](http://Yoga & Ayurveda -Rejuvenating 3 Day Retreat in Dorset - Yoga Veda (yogavedaukhub.com)) Any remaining balance will be due by April 11<sup>th</sup>, 2023.

Alternatively, you can book and confirm your place and room choice direct by paying the full amount @ <https://yogavedaukhub.com/shop/product/yoga-ayurveda-rejuvenating-3-day-retreat-in-dorset/> Confirmation email will be sent directly to you.

## THE ROOM OPTIONS (Towels are provided)



Large Single Room



Single Room



Twin Bunk



Large Triple Room



The meditation centre and pool entrance



Beautiful local church - worth a visit



Look out for this sign when you arrive



A peaceful tranquil place awaits you

Look forward to sharing it with you

*Julia x*