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**THE YOGA FOR LIFE PROJECT RETREAT SCHEDULE,**

**ORCHARD COTTAGE, DEVON**

**Nearest Station Crediton (2hr 15’ journey from London Paddington).**

***The schedule has been designed to support people on their retreat into nature and stillness, to give ample time for the body, mind and soul to feel properly nourished and to experience the beauty of Autumn. All activities are optional with the emphasis on listening to what your body and mind need most. There will be the opportunity to join morning silent walks, guided meditation, gentle and more dynamic yoga classes alongside restorative yoga and yoga nidra – the practice of conscious sleep and to enjoy therapeutic walks in the stunning, surrounding countryside.***

**GUIDE SCHEDULE**

**DAY 1:**

4pm arrive, tea and cake

5.30-6.30pm yoga practice: feel grounded & present

7-8pm delicious, nutritious vegetarian supper

9pm yoga nidra – deep relaxation

**DAY 2:**

8.30-9.30am silent walk and meditation

9.30-10.30 nutritious breakfast

11.30-1pm yoga practice: releasing attachments & tension

1-2pm nutritious lunch

2.30-4.00 free time to walk, enjoy the garden, read a book by the fire

5.30-6.30 restorative yoga, yoga nidra: embracing joy

7.00-8.00 delicious, nutritious vegetarian supper

**DAY 3:**

8.30-9.30am silent walk and meditation

9.30-10.30 nutritious breakfast

11.30-1pm yoga practice: new beginnings

2-2.30 pm yoga nidra & closing circle

3pm depart

**ORCHARD COTTAGE**

Is a cob & thatch 17th Century Cottage, nestled deep in the most beautiful Devon countryside. Located at the end of a track there is no road in sight, just the sounds of the birds & the bees. Expect to go back in time, releasing all the layers of our busy or challenging lives. The house itself is magical with very few adaptations to the 17th original. Nothing too fancy with lots of mod cons – more characterful & atmospheric with the most beautiful open fire, front and back gardens filled with fruit trees and a view of horses grazing. The local station of Crediton is a 10 minute drive away. Where possible, we encourage people to come by train and share a taxi from the station. All food is home cooked and locally sourced. The most gorgeous vegetarian cuisine will leave you feeling nourished and lighter in body mind and soul. For any other dietary requirements pls let us know.

**TO BOOK**

To book your place, check a space is still available with claire@theyogaforlifeproject.co.uk

Then payment needs to be made in full, and confirmation of single or double room and with whom by return email:

£450pp double room

£495 single room

£450 mezanine single upstairs

£450 mezanine single downstairs

The payment covers all board, lodging and teaching.

Account details:

The Yoga For Life Project C.I.C

Account number 24212881

Sort code 60 05 37

Add reference: your first name and date of retreat

**YOGA EQUIPMENT:**

Pls bring your own mat, cushion & strap (tie/dressing gown chord).

Pls bring your own water bottle

Pls bring a journal for making notes (retreats can provide sources of inspiration!)

**TRAVEL:**

Pls travel to Crediton station. You can book a taxi with Crediton Cars 01363 777714

Pls share the directions with the driver as the house is off sat nav!

**Address:**

Orchard Cottage, Newbuildings, Nr Sandford, Crediton, Devon EX17 4PP

**Directions:**

Follow to the end of the sat nav. See white thatch cottage on the corner.

Follow narrow road round to the right, go down the gentle slope, past entrance on right to another house. At end of road, follow round to right, road becomes a track. Orchard Cottage is the first cottage accessible from this track (you will pass another one set back). If you come to a green cottage you have gone too far.

**HEALTH CONDITIONS:**

Please let us know any health conditions, needs or concerns and don’t hesitate to ask more questions. The practises can be conducted from a chair or mat or just to be absorbed from a lying down restorative pose.

**Terms and conditions:**

\* Students receive a full discount if they cancel up to a month in advance.

\* Students receive 50% if they cancel up to 2 weeks in advance

\* Any cancellation under 2 weeks cannot be refunded.

\* If students can fill their place then a full refund can be given on receipt of payment for the replacement booking.

\* If there is a lock down students will be entitled to transfer to another date or receive a refund.

\* If the teacher becomes sick or unable to take the retreat, a suitable replacement teacher will be found and the refund policy will still apply.