****

**THE YOGA FOR LIFE PROJECT SWIM & YOGA SUMMER RETREAT SCHEDULE,**

**TIPTOE LODGE NEW FOREST**

Tiptoe Lodge,Middle Road, Tiptoe, Nr Hordie SO416FX

***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 receive the joys of Summer. Everything is optional and times can be adjusted to accommodate different resting requirements and the weather. There will be the opportunity to join guided meditation, gentle and more dynamic yoga classes alongside restorative yoga and yoga nidra – the practice of conscious sleep; to enjoy walks in the new forest, by the sea and if you wish and primarily to swim. There will be a swim organised each day with Angus leading more adventurous swims if that suits you. Weather permitting, we will be hiring a boat to take us to the isle of Wight to swim off the needles and discover beautiful coves and caves. There will also be the opportunity to take a group art class with Annabel and to receive the most beautiful, nourishing massage. If the weather is warm, we will be aiming to do our daytime yoga practise in the beautiful gardens of Tiptoe and on the beach!***

**GUIDE SCHEDULE**

**DAY 1:**

4pm tea and cake

5.30pm beach meditation

 Swim off Hordle Beach

7pm yoga nidra – practice of conscious sleep

8pm supper

**DAY 2:**

8.30-9.30am silent walk and meditation

9.30-10.30 nutritious breakfast

10.30 day trip to Isle of Wight – swim & beach yoga

6.30 restorative yoga,

7.30 delicious, nutritious supper

**DAY 3:**

8.30-10.30am silent walk and meditation/uplifting swim/beach yoga

11.00 brunch

12.00-2 rest, massage, free time, art class

2-3pm closing yoga

**TIPTOE LODGE**

Annabel & Angus, our hosts, inherited the lovely Tiptoe Lodge from Annabel’s grandparents. It’s a magical place – nothing too fancy with lots of mod cons – more characterful with a touch of faded grandeur – nestled in the beautiful New Forest and a stone’s throw from the local station of Brockenhurst (with direct trains from London & elsewhere) and a 12 min drive from the sea. All food is home cooked and where possible, locally sourced. They will be giving us substance with the most gorgeous vegan cuisine which will leave you feeling nourished and lighter in body mind and soul. Food will be vegan & gluten free. For any other dietary requirements pls let us know. You can find some more pictures here: https://www.tiptoeyoga.com/gallery

**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 shared room and with whom by return email:

£485pp shared room

£535 single room

The payment covers all board, lodging and teaching. Massages are £45 for 60’ on top. 50% of the teaching fee will go back into The Yoga for Life Project to support providing free therapeutic yoga classes to our Long Covid Wellbeing Support Programme and to also support our teacher training programme for young people of colour. Thank you all in advance for supporting the yoga community we want to grow so that more people can have the tools of yoga to support their mental & physical wellbeing.

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

If we hire a boat, there will be a supplement to pay of £60 pp

**YOGA EQUIPMENT:**

Mats are provided but you’re welcome to bring your own. Pls also bring something – a scarf, tie, dressing gown cord which can act as a strap. If you have room to bring a cushion and a blanket if you’re travelling by car that would be great. If you have a bolster – even better but not necessary.

Pls bring your own water bottle

Pls bring a journal for making notes

**SWIM EQUIPMENT:**

Bring a wetsuit if you feel the cold & warm robe to change into

Goggles

Bright swim hat

**TRAVEL:**

If you’re driving pop the post code in your sat nav and it will take you there. If you are coming by train, Brockenhurst is the nearest station. The retreat will make one trip to Brockenhurst station to pick up and drop off those who need and will be proposing a train for you to catch.

**Address:**

Tiptoe Lodge

Middle Road

Tiptoe

Nr Hordie

SO416FX

Annabel: 07770942622

Angus: 07802326537

**COVID PRECAUTIONS:**

In respect of the more vulnerable people who maybe joining the retreat, we ask participants do a covid test on the morning they leave for the retreat. And in respect to the small group, we suggest you take care the week in advance of the retreat to not frequent over populated or higher risk areas if at all possible. If you feel you are coming down with symptoms we ask you do not come. We hope this doesn't happen. And so invite you to take very good care.

**HEALTH CONDITIONS:**

Do let us know any health needs or concerns and don’t hesitate to ask more questions. The yoga 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.