

# Join us for our Wonderful Yoga Holiday

Trigonos Plas Baladeulyn, Nantlle, Caernarfon Wales LL54 6BW



We are so excited and really looking forward to our first longer yoga holiday at the stunningly gorgeous Trigonos Centre in Snowdonia from Monday 13th-Friday 17th June.

We have twin/ double (£525pp) & single (£575pp) en-suite rooms available, a delicious and plentiful full board vegetarian menu and a whole load of goodness on offer to dip in and out of, just as much or as little as you wish.

We pride ourselves on giving our all to everything we do together and creating a deeply nourishing experience in a beautiful space.

We are only just beginning to consider creating our schedule for this very special trip, but we know for certain that there will be lots of wonderful yoga on offer, in the gorgeous light filled yoga room, looking out at the mountain and lake (- swoon- we can't wait!) , as well as plenty outdoors, in the gorgeous grounds we hope!

We can dip or swim each day, in the lake on site (pictured) and have opportunities to come together to take part in enrichment sessions, such as manifestation and vision board activities and all kinds of loveliness.

There will be time each day for meditation and guided relaxation, time to walk, to read, sing, dance, laugh, be together, or in solitude and to give yourself exactly what you need, your time to do exactly as you please. There is plenty of space to congregate, plenty to explore and plenty of places to escape to.

You are welcome, exactly as you are. To take some precious time for you. Time to connect, heal and come home to yourself.

Please contact us on 07443 223031 (Deb) 07359 260110 (Lou) or email [yourhomeyoga@outlook.com](mailto:yourhomeyoga@outlook.com) for more information/ our booking form. Your space will be secured on completion of our booking form and £75 deposit.

You don't need any previous experience of yoga or to bring any equipment. We would love you to join us and hope you can make it xx Louise and Debbie





There is a lake on site, a lovely garden and grounds. We have the wonderful large room (pictured) for all of our sessions together, as well as use of the dining room, library, quiet room and lounge. Tea and a 'sweet treat' (in the past this has meant lots of lovely home made cake!) will be available the day we arrive, before dinner and then the meals are as follows; buffet breakfast at 8am, morning break at 11am (tea/coffee biscuits), full lunch at 1pm, afternoon tea with homemade sweet treats at 4pm & two course evening meal at 7pm, as well as a constant fruit bowl & large range of teas and coffee

