

Booking Form

Sneaton Castle Yoga Weekend 15th May 2009

Full Name: Number of Places:
[Note that places are strictly limited]

Address:
.....
.....

Postcode: Tel: Email:

I enclose a cheque for £40.00 (per place) deposit. (Balance of £140 / £130 to be paid by 31st March)
[Cheques payable to Marilyn Heginbotham. Send to: 8 Corbett Way Denshaw Oldham OL3 5SX]

Signed: Date:

Please specify any special dietary requirements:

You know how it feels
after a yoga class?
...Just imagine how
it will feel after a
whole *Weekend!*

*You will experience profound
relaxation, maybe deeper than
you have ever been before, as
you leave the world behind
for just this short while.*

(Friday evening to Sunday afternoon)

**May 15th, 16th & 17th
2009**

Cost £180

(Ensuite accommodation)

Based on sharing twin-bedded room. A limited
number of standard rooms are available at **£170**
This includes beautiful accommodation,
full board and all yoga sessions.
Booking must be on the form provided
accompanied by a **£40** deposit.

Full payment to be received
by 31st March 2009.

Places are limited so
it is essential to book early.

Directions:

From the A169 (Pickering to Whitby)
turn right when joining the A171
(towards Whitby)

Take the first left (B1460) to Sneaton Castle
(Sneaton Castle is on the right hand side)

Do not go to Sneaton village.

For more information telephone

01457 870453

For classes, courses & day workshops

visit:

www.marilynyoga.com

or email:

sneaton@marilynyoga.com

*After Winter
have a...*

Yoga WEEKEND

that will
leave you
feeling
Recharged
Relaxed
and
Revitalised

*take a little time for yourself
with*

Marilyn

at **Sneaton Castle
Whitby**



all levels welcome

Yoga WEEKEND

at Sneaton Castle Whitby

"I am teaching this weekend of yoga for all levels of ability. It will suit all styles of yoga and it will be particularly suitable for those who wish to deepen and develop their own practice."

Marilyn

Programme:

Friday

4pm Welcome

4.45 Yoga Nidra

Begin the weekend as you mean to go on. Unwind, let go and take this time to restore yourself.

6.30 Dinner

8pm Outline of plans for the weekend, special requests and meditation.

Saturday

7am till 8am Chi Gung.

Enjoy these simple, easy to remember movements to inspire, enliven and enhance your energy.

8am till 8.30

Meditation Explore the language of your unconscious mind with meditation and visualisation.

8.30 till 9.30

Breakfast.

10am till 12.30 Yoga

Asana practice. Enjoy the release of physical tension working through classical postures.

1pm Lunch.

Then time to walk, rest, or explore Whitby.

4.30 till 6pm

Discover the power of potent yoga breathing techniques for emotional balance and optimum health.

6.30 Dinner.

8pm till 8.45

Meditation to round off the day.

Sunday

7am till 8am Chi Gung

8am till 8.30

Meditation writing from your own source.

8.30 till 9.30

Breakfast.

10am till 12.30 Yoga

Experience, how when we focus on the breath and surrender in the yoga postures, the benefits you will feel are a more peaceful self, with increased vitality. Recap on the practices. Questions and queries.

1pm Lunch

2.30 Depart



Standing in its own grounds and gardens, Sneaton Castle is surrounded on all sides by commanding views of Whitby, its ancient Abbey ruins, the sea and spectacular moors. All rooms are beautiful, modern and ensuite. Accommodation is shared and rooms are twin bedded. Some single rooms available in standard accommodation. Availability should be checked when booking and is offered on a first come first served basis. There is a beautiful yoga hall for our practice and there will be tea and coffee, biscuits and fruit freely available. Accommodation is full board - breakfast, lunch and dinner. All meals are provided by Sneaton Castle in the refectory. A choice of dishes is available but please specify any particular dietary requirements, e.g. vegetarian, gluten free etc., when booking.

Though this is a very full programme, you can come to everything that is arranged, or just rest...

...it is totally up to you.

There will be time to go and explore Whitby, or take a walk in the surrounding beautiful countryside.

