



Scaravelli Yoga, Meditation and Deep Rest Retreat at Bala Brook 16 to 19 May 2019 with Caroline Lang

Bala Brook is situated right on the edge of Dartmoor, surrounded by 35 acres of gardens, fields and woodland. A river runs right through the land. People express so much appreciation for the quiet, the wild and the spaciousness of this very beautiful place.

These three day retreats create a true pause from ‘daily routines’ that can dull our experience of ourselves and life. They are an opportunity to dive into practice and re-kindle depth, ease, kindness and joy. Come prepared to switch off devices and rest back into simplicity. You would be sharing the retreat space with between 10 and 14 others, a group size conducive to a sense of caring, respectful community.

‘I want to thank you for a very special retreat. It is such a magical place, especially in the abundant spring bloom. The group was so lovely and the rhythm perfect. It was great to have the space to explore the practice, feel so held by your teaching and to tune in deeper and deeper through yoga and meditation. After each retreat I feel more connected and able to be more true to myself in every way.’ **Rose**



The retreat starts on thursday at 4pm and finishes after lunch on sunday. Daily rhythm is

7.30am guided meditation (lying down or sitting)
8.30am breakfast
10.00am yoga/deep rest
1.00am lunch
2.00pm rest or walking alone or with others
4.30pm yoga/pranayama/deep rest
6.30pm supper
8.15pm meditation/Chanting

The house is in a nurturing silence from evening meditation until the following lunchtime

Meals are vegetarian, wholesome and absolutely delicious. Polly Agar, our very wonderful cook for the retreat, can cater for most special diets if she knows in advance.

Accommodation is in cosy mostly single or some shared rooms. Cost of £352 includes everything. There are some bursary places available.



To book please email carolinelangyoga@yahoo.com. A deposit of £90 would confirm your place and the balance is due two weeks before the start of the retreat.