



## **Scaravelli Yoga, Meditation and Deep Rest Retreat at Bala Brook 28 November to 1 December 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 tell you once more that your Winter Retreat was a source of great inspiration for me. I so loved the pace and the depth of the practice and the quiet time! We returned home fully rested and with a shining happiness which is no small thing in this busy time before Christmas. Thank-you from my heart’.* **Veronica**



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

7.45am guided meditation (lying down or sitting)

8.30am breakfast

10.00am yoga/deep rest

1.00pm 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](mailto:carolinelangyoga@yahoo.com). A deposit of £90 would secure your place and the balance is due two weeks before the start of the retreat.**