



## **Retreat weekend at The Yoga House with Caroline Lang Saturday 29 and Sunday 30 June 2019**

**These yearly retreats at The Yoga House in Harberton are relaxed, spacious, friendly. People find them to be very nourishing. You can put your tent up in The Yoga House field or sleep elsewhere and come daily.**

**Both days there will be two sessions of yoga, interwoven with deep rest meditation. Lunches and evening meal are provided. Food is mainly organic, some grown in our own garden, very delicious.**

**Beyond the sessions, plenty of time to enjoy the peaceful surroundings which you would be sharing with maximum 9 others, a lovely small group in which trust, care and community can flourish.**

**Come prepared to switch off devices, put everything aside and rest back into simplicity for the weekend.**

**Saturday we start at 10.30am and finish after an early evening meal. Sunday we start at 10am and finish around 4pm. If you are camping you are welcome to arrive any time between 5 and 8pm on the Friday evening.**

**Cost for the weekend which includes camping and meals is £140**

**To book email [carolinelangyoga@yahoo.com](mailto:carolinelangyoga@yahoo.com). A deposit of £50 would confirm your place and balance due two weeks before start of retreat**