

The holiday will give an opportunity to relax in a beautiful area away from daily demands of everyday life and to re-charge your batteries through yoga. Approximately fourteen hours of workshops will be led by two experienced tutors and will include asanas, breathwork, mudras, mantra, meditation and deep relaxation. All workshops are optional.

There will be guided walks on Saturday and Sunday to explore the scenic beauty of the Peak District with a competent guide.

Venue

The Peveril of the Peak, Thorpe, Dovedale, a HF Holidays 3-star hotel is the venue for the holiday. The Country House takes its name from the novel by Sir Walter Scott, with the oldest part of the building dating back to the 1830s, it enjoys a stunning location in the quaint Peak District village of Thorpe. The Country House has 11 acres of manicured gardens and grounds and the towering hill of Thorpe Cloud as a backdrop. Footpaths lead directly from the house including one to the famous stepping stones on the River Dove. Dovedale, owned by the National Trust, is a nature reserve with internationally important ancient ash woodland, wildflower-rich grassland and a river full of wildlife.

All rooms are ensuite with tea and coffee making facilities having their own individual layout and character. There are spacious public rooms, free Wi-Fi, boot and drying rooms.

There is **fabulous food** using local produce where possible, a wide choice of breakfast including cooked breakfast of your choice, self-select picnic lunches and three course evening meals. Special diets and intolerances can be catered for.



Tutors



Shakti Bhakti (Helen Barker) is a Structural Yoga, Ayurvedic and Marma therapist whose personal experience of Structural Yoga Therapy has been profound. She has trained yoga teachers, runs workshops, yoga holidays, retreats and also works with individual students to develop harmony in their lives. YogaNamaste.co.uk



Jayadhara (Jane Cluley) discovered yoga at university and began teaching in 1988, she studied yoga philosophy in India and offers Yoga Holiday, BWY Foundation and Diploma teacher training courses. Her teaching draws on the wisdom of Satyananda Yoga, Mukunda Stiles and Mindfulness. She has a talent for expressing her teaching clearly and enjoyably.

Getting there

- By car – Satnav Postcode DE6 2AW
- By rail – nearest stations are Buxton (19miles - £42) or Derby (17 miles - £32)
- Ashbourne Taxis 01335 345198 – recommended taxi company and used for cost of the above journeys.

Due to location, mobile phone signal is patchy.

Cost – all rooms en suite

Price includes full board, all tuition and guided walks.

Single £425

Twin or Double £395 per person

Deposit: £100 with booking (non-refundable)

Balance payable 7th September 2019

Cheques to J. Cluley or BACS payments to Sort Code 09-01-27 account 38203361.

What's included

- Ensuite accommodation of choice
- Free parking and Wi-Fi
- Hearty breakfast, picnic lunch
- Three course dinner
- Approximately 14 hours of yoga workshops
- Two guided walks

Booking

Please send your booking and £100 deposit by post or email & BACS to:

Jane Cluley, Moonrise, Low Street, Husthwaite, York YO61 4QA

Tel: 07906 652669 email janecluley@fiscali.co.uk

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Dovedale Yoga & Walking Holiday 8-11 November 2019

Name.....

Address.....

Postcode Telephone

Email.....

Accommodation Required.....

Special dietary requests, food intolerances or allergies?

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Yoga Experience?.....

Further information & receipt if required, will be sent by e mail unless an SAE is enclosed

YOGA & WALKING HOLIDAY

Dovedale in the Peak District



8-11 November 2019

Tutors – Shakti Bhakti & Jayadhara

**Yoga workshops Tranquil surrounding
Guided Walks**

www.yogandshiatsu.org.uk

