

**Our holiday aims** to combine a wealth of yoga workshops led by experienced tutors together with opportunities to walk and explore the varied scenic beauty of the Lake District with competent guides.

### Venue

Monk Coniston is a large National Trust property set in fifteen acres of beautiful gardens and woodland with exceptional views of Coniston Water and Coniston Old Man. The 3\* HF Holiday Hotel has grand public rooms with grounds sloping down to the shores of the lake. Food is wonderful, buffet breakfasts, incomparable packed lunches and a wide choice of dinner menus. Special diets can be catered for.

### Tutors



**Marguerita Colley** has 34 years of yoga teaching experience, she has trained and worked with respected teachers such as John Scott, Sri Indar Nath and Singh Khalsa. She is a BWY teacher, In-Service Training day provider and former teacher trainer (DCT) she has also served on BWY Education

Committee and was founder and director of a Preston Yoga and Complementary Health Centre. She is retired from her main career as an anaesthetic nurse and her key focus today is supporting mental health through offering retreats in the UK and abroad. Her focus will be on the Koshas – the five layers of subtle energy, appreciation of how it works and helping us to gradually shift awareness from the outer to the inner.



**Susan Lodge** has been teaching yoga since 2004, a published author, she draws on the tradition of Sri Krishnamacharya, TKV Desikachar and their senior student Paul Harvey with whom she completed 200-hour post BWY Diploma course. She has an educational background of over two decades and

having experienced the transformational potential of yoga she is committed to sharing the benefits with individuals, small groups and to yoga teachers through BWY CPD days. Her sessions will focus on integrating the classic teachings and philosophy of Patanjali into yoga practice.

[www.yogaviveka.uk](http://www.yogaviveka.uk)



**Shakti Bhakti (Helen Barker)** is a Structural Yoga, Ayurvedic and Suksma Marma therapist, trained by Mukunda Stiles and Ernst Schrott. She has trained yoga teachers for BWY and currently teaches group and individual classes, workshops, yoga holidays and retreats. [www.YogaNamaste.co.uk](http://www.YogaNamaste.co.uk)



**Jayadhara (Jane Cluley)** discovered yoga at university and began teaching in 1988, she studied yoga philosophy in India and offers 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.



**Len Goss** will be with us again; his voice, singing, chanting and percussion workshops are uplifting, joyful, challenging and filled with a warm humour that comes with his leadership.



**Cheryl Lee-Appleby** grew up in Rochester, Minnesota, USA and lived at the Manjushri Institute Buddhist Community near Ulverston, Cumbria 1983 -91 completing her BWY Diploma in 1988. She has taught locally in Ulverston and Barrow for many years, Scaravelli approach has been a big influence.

**Other tutors** will be visiting during the week, giving workshops in their specialist subjects. There will also be various social events and music in the evenings.

### What's included

- 3\* Ensuite accommodation – Single, twin or double rooms
- Free parking and Wi-Fi
- Hearty breakfast, picnic lunch
- Three course dinner
- Choice of over 40 hours of yoga workshops, with choice of sessions
- Choice of Guided Long or Short walk each day in scenic Lake District
- Transport for walks via mini-buses
- Musical evenings and entertainment

# YOGA & WALKING HOLIDAY

## Cost – all rooms en suite

Price includes full board and all tuition.

Single £795 Twin/Double £745 per person

Deposit: £100 with booking (non-refundable), balance payable 12 weeks before holiday.

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

## Feedback from previous years

'The holiday was very well organised; I liked the packed schedule. Its been a wonderful experience.'

'It was good having a choice of sessions and flexibility of being able to do something on my own.'

'A fantastic week – my first visit to Monk Coniston but I'm sure it won't be the last!'

'An excellent programme this year, it was good having a wide variety of tutors; camaraderie and friendship were excellent'



## Booking & Programme Details

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

Tel: 07906 652669 email janecluley@tiscali.co.uk Web: Yogandshiatsu.org.uk

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## Coniston Yoga & Walking Holiday 15-20 March, 2020

Name.....

Address.....

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Postcode ..... Telephone .....

Email.....

Accommodation Required.....

Special dietary requests or allergies? .....

Yoga Experience?.....

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

## Coniston in the Lake District



### 15 – 20 March 2020

### Guest Tutors

## Marguerita Colley & Susan Lodge

**2 Guided Walks daily**

**3+ Yoga Sessions & Meditation daily**

Sessions exploring healing, voice, mantra, movement,

Visits to local places of interest

Evening workshops, music and social occasions