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**THE YOGA FOR LIFE PROJECT AUTUMN RETREAT SCHEDULE,**

**ORCHARD COTTAGE, DEVON**

Orchard Cottage, Newbuildings, Nr Sandford, Crediton, Devon EX174PP

***The schedule has been designed to support people on their retreat into nature and stillness, to give ample time for the body, mind and soul to feel properly nourished and to experience the beauty and power of Winter. All activities are optional with the emphasis on listening to what your body and mind need most. There will be the opportunity to join morning silent walks, guided meditation, gentle and more dynamic yoga classes alongside restorative yoga and yoga nidra – the practice of conscious sleep and to enjoy therapeutic walks in the stunning, surrounding countryside and receive a delicious massage.***

**GUIDE SCHEDULE**

**DAY 1:**

4pm arrive, tea and cake

5.30-6.30pm yoga practice: feel grounded & present

7-8pm delicious, nutritious vegetarian supper

9pm yoga nidra – deep relaxation

**DAY 2:**

8.30-9.30am silent walk and meditation

9.30-10.30 nutritious breakfast

11.30-1pm yoga practice: releasing attachments & tension

1-2pm nutritious lunch

2.30-4.00 free time to walk, enjoy the garden, read a book by the fire, have a massage

5.30-6.30 restorative yoga, yoga nidra: embracing joy

7.00-8.00 delicious, nutritious vegetarian supper

**DAY 3:**

8.30-9.30am silent walk and meditation

9.30-10.30 nutritious breakfast

11.30-1pm yoga practice: new beginnings

1.50-2.45pm yoga nidra & closing circle

2.30pm depart for 2.53pm Train from Crediton

**ORCHARD COTTAGE**

Is a cob & thatch 17th Century Cottage, nestled deep in the most beautiful Devon countryside. Located at the end of a track there is no road in sight, just the sounds of the birds & the bees. Expect to go back in time, releasing all the layers of our busy or challenging lives. The house itself is magical with very few adaptations to the 17th original. Nothing too fancy with lots of mod cons – more characterful & atmospheric with the most beautiful open fire, front and back gardens filled with fruit trees and a view of horses grazing. The local station of Crediton is a 10 minute drive away. Where possible, we encourage people to come by train and share a taxi from the station. All food is home cooked and locally sourced. The most gorgeous vegetarian cuisine will leave you feeling nourished and lighter in body mind and soul. For any other dietary requirements pls let us know.

**TO BOOK**

To book your place, check a space is still available with claire@theyogaforlifeproject.co.uk

Deposit amount of 15%

Then payment needs to be made in full, and confirmation of single or double room and with whom by return email:

£495pp single/double room (2 nights) or £695 (3 nights)

£450 mezanine single upstairs (2 nights) or £650 (3 nights)

£450 mezanine single downstairs (2 nights) or £650 (3 nights)

£300 camping – bring your own tent (2 nights) or £425 (3 nights)

***Reductions of 10% if you recommend a friend for yourself and your friend***

The payment covers all board, lodging and teaching. Massages are on top £30 for 30’, £50 for 60’ and can be paid by bank transfer to the masseuse.

Account details:

The Yoga For Life Project C.I.C

Account number 24212881

Sort code 60 05 37

Add reference: your first name and date of retreat

**YOGA EQUIPMENT:**

Pls bring your own mat, cushion & strap (tie/dressing gown chord).

Pls bring your own water bottle

Pls bring a journal for making notes (retreats can provide sources of inspiration!)

**TRAVEL:**

Pls travel to Crediton station. You can book a taxi with Crediton Cars 01363 777714

Pls share the directions with the driver as the house is off sat nav!

**Address:**

Orchard Cottage, Newbuildings, Nr Sandford, Crediton, Devon EX17 4PP

**Directions:**

Follow to the end of the sat nav. See white thatch cottage on the corner.

Follow narrow road round to the right, go down the gentle slope, past entrance on right to another house. At end of road, follow round to right, road becomes a track. Orchard Cottage is the first cottage accessible from this track (you will pass another one set back). If you come to a green cottage you have gone too far.

**HEALTH CONDITIONS:**

Please let us know any health conditions, needs or concerns and don’t hesitate to ask more questions. The practises can be conducted from a chair or mat or just to be absorbed from a lying down restorative pose.

**Terms and conditions:**

*Deposit:*

* 100% deposit refund for cancellation 60+ days before retreat start date.
* 50% deposit refund for cancellation 30-59 days before retreat start date.
* 0% deposit refund for cancellation 0-29 days before retreat start date.

*Remaining Balance:*

* Remaining balance is due 30 days before the retreat start date.
* If paid at the time of booking, a full refund of the remaining balance is available up to 30 days before your retreat start date.
* If you cancel 0-29 days before your retreat start date remaining balance is not refundable
* If students can fill their place then a full refund can be given on receipt of payment for the replacement booking in full.
* If there is a lock down students will be entitled to transfer to another date or receive a refund.
* If the teacher becomes sick or unable to take the retreat, a suitable replacement teacher will be found and the refund policy will still apply.

*Please note: For deposit and remaining balance amounts, please refer to your booking summary email.*