



Glastonbury Yoga & Wellbeing Retreat
Friday 17th May to Sunday 19th May 2019
From £358 per person

Maximum of 10 people



Join Emma for another truly empowering, enriching spiritual adventure in the heart chakra of the world and the home of the Goddess, at Glastonbury. This is the highlight of our year!

This heart warming and transformative retreat will be held at the stunningly beautiful and peaceful Lower Coxbridge House, a rare gem located three miles away from Glastonbury. Surrounded by quintessentially English farmland, this really is the place to get away from it all, where you cannot help but slow down and feel a greater connection to nature and your inner Goddess too.

The yoga classes will be taught in the light and airy yoga space with large French windows opening onto wooden decking, with view of the fields and English countryside ahead. You can enjoy a pre or post-class cup of tea on the decking with panoramic views of the Tor in the distance. .

Accommodation is available for up to ten people in a combination of twin rooms, double rooms and single rooms in the main House and two yurts in the field. There's one double en-suite room available (it's intimate, there's no door on the bathroom!), with all the other rooms sharing both a communal shower room and a bathroom. There are also hot outdoor showers for those wanting to get closer to nature and shower with a view of the Tor in the distance – sublime!

Yummy vegetarian food made with locally sourced and predominantly organic produce will be lovingly prepared by the amazing chef, Olga, who is truly passionate about healthy vegetarian food. Olga has many years of experience catering with both raw and cooked foods for yoga retreats and this is evident in the quality and love of the eating experience.

There is no doubt that the retreat will be an unforgettable experience, which will allow you to take time out from your daily routine, enjoy the spiritual and Goddess energy of Glastonbury with its powerful ley lines, stunning Tor and amazing crystal shops, and indulge in some uplifting, healing and rejuvenating yoga.



What does the retreat include?

- Accommodation (single rooms at an additional supplement for the weekend).
- Yoga sessions including asana (physical postures), pranayama (breathing exercises), guided relaxation, guided meditation and Yoga Nidra (deep relaxation). Bhajans (singing of devotional songs) offered too.
- Healthy and delicious vegetarian breakfasts, lunch & evening meals.
- Unlimited herbal teas and fresh fruit.
- Free time to explore Glastonbury

What does the retreat not include?

- Travel and travel insurance;
- Transfers;
- Extra treats and activities;
- Taxis to and from places locally.



Tell me about Lower Coxbridge House

Lower Coxbridge House is simply wonderful. It is situated in an area of outstanding natural beauty with magnificent 360 degree panoramic views of the Somerset countryside and Glastonbury Tor. It really is a gem, providing peace, privacy, seclusion and tranquillity, a rare find in this over cluttered world. It's the perfect place to retreat and (re)connect with nature, so that you may leave feeling rested and renewed.

Located on the outskirts of the quiet and rural hamlet of Lower Coxbridge, only three miles from Glastonbury town, 50 minutes from Bristol, 90 minutes from Southampton and within easy reach from

London by road or train, Lower Coxbridge House is a highly individual property, beautifully designed and furnished, providing a charming, rustic and homely venue for a very special break away. Visit the site <http://www.lowercoxbridgehouse.co.uk/index.php> for more details of this beautiful spot in the world.



The yoga

To Emma, yoga encourages the unfolding of the true self, of allowing the spirit to shine, the heart to lighten and the soul expression. Teaching a flowing and dynamic form of Hatha yoga, Emma encourages awareness of breath and energies of alignment so that one can experience the transformative, healing and uplifting effects of yoga for oneself. There will be a slow flow deep stretch class on the Saturday afternoon.

With no more than nine students in each of these classes, you can expect to receive plenty of one-to-one attention with some Reiki thrown in! This provides a wonderful opportunity to deepen your practice in a safe and nurturing environment with an empathic and intuitive teacher.

Classes are suitable for all levels of ability except absolute beginners and those who have chronic conditions and/or injuries. Yoga mats and all props are provided; please just bring your heart and spirit!

The daily programme

On Friday we will meet at 5pm for our first yoga class, including asana (postures) and Yoga Nidra (guided relaxation) taking us up until 7pm. An evening meal will follow at 7.20pm.

On both Saturday and Sunday, there will be the opportunity for hot drinks and fruit before we begin the morning session at 8am with an active asana practice (incorporating breathing exercises) and relaxation. Brunch follows at 10am.

On the Saturday afternoon, there will be the opportunity for some Bhajans (devotional singing), if you chose, at 5pm. Otherwise we meet at 5.30pm for a slow flow deep stretch class with Yoga Nidra taking us until 7pm. The meal will follow at 7.20pm.

A light lunch will be available on Saturday lunchtime, which you can eat on site at your leisure or take away with you if you are going out for the day. The retreat will finish after brunch on the Sunday at 11am. The house must be vacated by 12pm with all beds stripped please.

Please note that pranayama (breathing exercises) and mediation will be woven into the classes throughout the weekend. All classes are optional.

Saturday afternoon -

Saturday afternoon - things to do/other activities

Glastonbury is only three miles away where you will have the opportunity to:

- Walk up to the famous Tor and enjoy the views
- Chill out in the extraordinarily peaceful energy of the Abbey
- Fill up your bottles with the healing iron water from Chalice Wells and relax in the beautiful gardens
- Take a (naked) dip in the White Spring
- Visit the Goddess Temple and offer a prayer
- Be wowed by the Goddess House
- Meander through the town, taking in all the crystal shops and Glastonbury energy, or stop for a hot drink and piece of cake in one of the many yummy vegetarian cafes

Ewan and I will lead a programme up the Tor, into Chalice Wells, to the White Spring and into the Goddess Temple for those who would like to join us.

Alternatively:

- Enjoy a walk in the peaceful lanes around Lower Coxbridge House,
- Chill out at Lower Coxbridge House itself, soaking in the beautifully tranquil and calming energy and embracing the opportunity to truly connect with nature,
- Enjoying your own silence, chatting with others, or even taking a nap and enjoying some quality down time

You will find a plethora of treatments available in town, although we ask you to make your own arrangements for these.

It is your retreat so you must do as much or as little as you like.



What accommodation is available?

The Lower Coxbridge House offers a selection of unique, homely and rustic rooms. Each room offers a different view across the countryside and has its own special charm.

Set over two levels, there are five bedrooms. Three rooms contain twin beds. A spacious room offers views of the Tor and contains a mini kitchen with a sofa bed which can be single (at a supplement) or double, or we can add in two luxury z-beds making it a twin or a triple. The other room is the master bedroom and can be a double or single (at a supplement) and comes with its own ensuite bathroom, a balcony and offers fabulous views of the Tor. The rooms have been priced accordingly.

There is also a rather amazing yurt in the garden, which can be single (at a supplement) or double.

There are two bathrooms within the house and outdoor compost toilets and showers too (with views of the Tor).

Please note that rooms will be allocated on a first come, first served basis depending upon availability.

What food is provided?

We talk from experience when we tell you that mealtimes will provide an opportunity to indulge in truly delicious and nutritious vegetarian food which will increase your vitality during your stay. Using only the finest and freshest local produce, and organic where possible, the passionate chef, Olga, will prepare excellent nutritious and healthy meals throughout your stay.

Olga will try to cater for everyone's needs but please make sure you advise us of any dietary requirements and insensitivities/allergies in advance on the booking form.

Fruit, teas and coffee are available throughout the retreat.



Karma yoga

A little karma yoga will be included in the retreat. While Olga will be preparing the meals for us, we are requested to load our dishes into the dishwasher. We also ask people to strip their beds before leaving and make sure that the rooms are tidy. We don't believe this is onerous and adds another yogic dimension and energy to the retreat.

It's a family affair

Emma will be accompanied on the retreat by her young family. Her partner Ewan will be on hand to help where necessary and will happily guide people around town and provide transport lifts where he can.

Cost

The cost depends on your choice in room and availability at the time of booking.

Price per person for:

- Twin room (three available) – £358 per person
- Shared room with kitchenette and view of Tor – £408 per person
- Master bedroom with ensuite – £408 per person
- Yurt with double bed for single occupancy - £408 per person

Please note that rooms will be allocated on a first come, first served purpose so we are sorry if your preferred choice has already gone.

Travel

The closest airport is Bristol (50 minutes by road) and this is well served by direct flights from Guernsey. Southampton and Exeter airports also offer daily flights from Guernsey and are accessible within 90 minutes by road (traffic dependant).

You may choose to hire a car to make the most of the opportunity to view the surrounding area (perhaps extending your trip and taking in Wells and Stonehenge), or travel from Guernsey by boat to Poole, bringing the car with you.

Taxis can also be arranged at extra cost – we are happy to arrange group pick-ups/drop offs from Bristol airport for you. The cost will depend on the number travelling (return journey saloon car is currently available at £130, which would be split by the number sharing it). There is also regular public transport from Bristol to Glastonbury and taxis locally.

Aurigny flies to Bristol and London Gatwick from Guernsey.

Flybe flies to Exeter and Southampton from Guernsey.

Condor Ferries sails to Poole from Guernsey.

How do I book?

Spaces are limited and do fill quickly, so to secure your place, please complete a booking form, which can be obtained from Emma at emma@beinspiredby.co.uk. A non-refundable deposit of £150 will be required to secure a booking. Please note the terms and conditions as detailed on the booking form before booking your place.

Payment options

Bank transfer – email emma@beinspiredby.co.uk to receive details of how to pay into our bank account. By cheque made payable to “Emma Despres” – post to 2 Le Friquet Cottages, Rue des Bailleuls, St Andrews, Guernsey, GY6 8XB.

Insurance

Everyone booking a holiday with Beinspired must have full travel insurance. Beinspired accepts no responsibility for loss, theft or damage to participants or their property during their stay. Please obtain travel insurance independently.