

NORFOLK
WINTER RETREAT
22nd - 24th Nov 2024
Yoga, Qigong, Meditation & Rest



**Escape for the weekend and nourish
your body, mind and soul.
Yoga, reflection and rest retreat.**

Our venue for the weekend is a stunning country house set in 350 acres of beautiful Norfolk countryside.

The 17th-century manor which has been refurbished with enormous love and care, is situated near the village of Acle, next to the River Bure, just 10 miles from the Norfolk coast.

The house has 8 bedrooms and six luxurious bathrooms. There's an open plan kitchen leading to a large dining room, plus two lounge rooms, for quiet or conversation.

Our Yoga classes will take place in the large and beautiful conservatory which has underfloor heating and views overlooking the English countryside.

There will be the opportunity to enjoy crisp November walks, under big Norfolk skies, before arriving back in the warmth of our cozy manor house.

Our yoga practice will be to turn our energy inward as we move through the changing season of autumn and prepare for the winter months ahead. We will nourish ourselves with wholesome food and absorb the connections we make with like-minded people.

Our winter retreat is an opportunity to embrace both time for quiet and time for togetherness in community.



ACCOMMODATION

The house has 8 bedrooms and six luxurious bathrooms.

All bedrooms are spacious, comfortable and finished to a high standard and all bathrooms are modern and large.

The room occupancy choices are single or sharing in a twin room.

Spaces in sharing rooms will be allocated with the same gender, unless you request to share with someone you know.

There are only two ensuite bedrooms in the manor house, and one Jack n Jill bathroom, if an ensuite is your requirement, please state this at time of booking.

Rooms that are not ensuite, share a large bathroom with shower and roll top bath with **ONLY ONE** other room.



THE PRACTICES

During our weekend together we will explore the richness of movement through yoga & qi gong, as well as bathe in calm of stillness through meditation, yoga nidra & a soundbath. The sessions will be a season based practice to honour and respect how body, mind and energy is to be nurtured as we move into the winter months.

You're welcome to participate in as many, or as few, of the classes, as you'd like to.

FRIDAY

Welcome tea
Evening yoga & qi gong
Evening meditation

SATURDAY

Morning Yoga & meditation practice
Cooking demonstration
Afternoon yoga & qi gong &
Yoga nidra practice

SUNDAY

Morning Yoga practice
Soundbath & *
Closing practice

* Schedule open to change depending on group dynamics and energy when on the retreat





RETREAT MEALS TO NOURISH

Wonderful food is at the heart of our retreat. I will offer delicious vegetarian and vegan food to nourish and energise your body & mind on your weekend away.

Breakfast, lunch, dinner, snacks and lots of herbal teas will be prepared by a wonderful holistic chef and Nutritional Therapist with years of experience in retreats. Her knowledge of nutrition, food energetics and gut health is coupled with a strong emphasis on ethically sourced produce and seasonal ingredients.

The dishes she serves are influenced her travels, culture, tradition and her own yoga and meditation practice.

This is food that not only tastes great, it is mindfully prepared and full of love.

All food will be vegetarian and vegan. Alcohol / glass of wine with dinner is allowed on this retreat. Please let me know in advance of any dietary requirements.



ACCOMMODATION

Sharing twin room - £460 per person
Single occupancy - £585 per person





ABOUT THE TEACHER

I'm a creative. A thinker. A questioner and social justice seeker. I have followed my two passions in life, yoga and art. I began practicing yoga 25 years ago as weak and inflexible teenager. Within one year of that first class, I could feel that physically and mentally there was a change for me. Yoga was the missing piece to my individuality and independence, it became my freedom of movement, the stones that my confidence was built on, the foundations of a managing stress and anxieties as well as an important part of my daily routine. The physical and mental benefits of the practice very quickly began to show.

For me, it was 16 years of having a dedicated yoga practice and simply being a 'student' practitioner before I even thought about becoming a teacher. I navigated through the highs and lows of my twenties and thirties, seeking the practice while working as product designer for major high-street blue chip retailers. After 16 years the natural path for me was to step into a teacher role. Now I am very much a student still but I have the benefit to be able to share my learnings.

I found love in anatomy research, especially the individuality of anatomy, we are all so different, this led me into becoming focused on becoming creative with my yoga sequences and teach with an undogmatic approach.

Creating a yoga practice that intertwines with my creative has allowed me to be innovates on the mat, designing fun sequences with informative learnings.

I wish for my yoga teachings serve the purpose of deepening a connection not only to ourselves, but with the people around us. I believe in people, I believe in the potential people, their movement potential, their kindness, the will and want to cultivating a strong sense of community and togetherness.

But most of all I believe that 'We' the people make the difference.

Investment in your well being includes

Prices are for 2 nights and include accommodation, all food, snacks, teas and coffee, a cooking demo, yoga, qi gong, meditation practices and a closing sound bath.

Investment in your wellbeing

Sharing twin room occupancy £460 per person

Single room occupancy £585 per person

Deposit to reserve your place

A non-refundable deposit of £175 is required to secure your place. If you're unable to attend, I will do my best to find someone to replace you, to allow your deposit to be returned minus the admin fee, however, this is not guaranteed*

Please email Paula at heykarmayoga@hotmail.com book a place. The final balance will be due 14 weeks before the retreat. On booking please inform me of any relevant medical conditions and dietary requirements.

Cancellation notice (received by email)

Cancelling more than or exactly 1 year before the date of your booking 0% of total booking fee forfeited.

Cancelling less than 1 year but more than or exactly 8 weeks before the date of your booking 25% of total booking fee forfeited.

Cancelling less than 8 weeks but more than or exactly 2 weeks before the date of your booking 50% of total booking fee forfeited.

Cancelling less than 2 weeks before the date of your booking 100% of total booking fee forfeited.

*In the event you cannot attend the retreat, and a replacement attendee can be found, then an admin fee of £70 will be incurred and the remaining deposit will be refunded



Need to Knows

Insurance

It is a condition of booking, that people take out travel insurance to cover cancellation, health and other eventualities, including pandemics.

Laundry and Cleaning

We are a yoga retreat, informal and relaxed, so we don't offer a 'hotel service'. We don't go into your rooms to tidy, change bed linen, towels or clean during the weekend.

Check in and out time

Check in time is after 3:00 pm

Check out time is 2pm on the day of departure.

What's Not Included

Travel to the venue.

Trains from London Liverpool Street to Acle Station (via Norwich) are approximately £59 return

The venue is ten minutes drive from Acle station

Can I attend alone?

Many of our guests come by themselves. If sharing, you will be allocated a room with someone of the same gender. A yoga retreat is a great way to make new connections.

Manor House Bathrooms

There are only two ensuite bedrooms and one Jack n Jill bathroom in the manor house, if an ensuite is your requirement, please state this at time of booking.

Rooms that are not ensuite, share a large bathroom with shower and roll top bath with **ONLY ONE** other room.



Finally

I am foremost a Yoga Teacher, not a Travel Agent, I will always do my best to insure your yoga retreat is as wonderful as I know you'd wish it to be. Please do feel free to let me know if you have any further questions if I have missed any information that you might need and I'd be delighted to assist.