

WALES
YOGA RETREAT
27th Sept - 1st Oct 2021
4 night yoga retreat



ABOUT THE VENUE

The venue is set amidst the rolling hills surrounding the historic and pretty town of Llanidloes... a place time seems to have forgotten. The town often features in the top ten best places to live in Britain...a picturesque and sleepy place, with lots of characterful small independent shops and a historic half-timbered market house.

Just a couple of miles from the town, the venue is in two beautiful barn conversions, adjacent to the traditional farmhouse. The heating is from renewable biomass and drinking water is from the farm's own pure spring water source. The barns surround the old farmyard, now a lovely space with gardens, a stream, and an outdoor dining area for those warmer days. Underfloor heating and log burners also ensure the barns are always super-cosy and ideal as an all year-round destination.

There is also a gym and sauna, useable subject to restrictions, and handy drying racks and a laundry. In the fields below the barns there is a swimming and boating pond, plus a campfire area with log seating.

The venue is set on 200 acres of farmland with extensive views and plenty of walks in the hills and valleys right from the doorstep on the long-distance Glyndwr Way.

Maps are provided or some walks can be led.

Beautiful Llyn Clywedog reservoir is a just a short drive away.



ACCOMMODATION

The accommodation is finished to a comfortably high standard providing shared twin/double or single accommodation.

However, under Covid-19 restrictions currently we can only accommodate people to stay in single, en-suite rooms.

If family members or those in a support bubble wish to share a room, please get in contact as we are mindful of limiting the number of people in the yoga shala and dining room to allow for social distancing.



ABOUT THE DAILY YOGA

There will be two yoga practices a day and an optional evening meditation.

Morning sessions

Morning meditation

A wake up yoga flow practice progressing through an exploration of traditional and contemporary yoga postures.

Afternoon sessions

The afternoon classes are gentle, soothing and nurturing yoga practices.

We delve into the world of yoga relaxation.

Exploring elements of sleep yoga, somatics, restorative yoga, yoga nidra, pranayama, meditation and journalling.

Evening meditation

The yoga room is large, airy and spacious, with a wooden floor, and like the rest of the accommodation, benefits from warm under floor heating, fired by the eco-biomass boiler.

Yoga mats, blocks, bolsters, belts and blankets are provided.

All cleaning measures in communal areas will be in place, following guidelines, including the yoga mats and equipment.

We will ask that between sessions everyone stores their mat and any other equipment in their rooms for the duration of the retreat.





MEALS & DIETS

We provide delicious freshly prepared vegetarian breakfast lunch and dinner each day with plenty of vegetables, salads, soups, and a large healthy breakfast with a choice of fresh fruit, muesli, yogurt, eggs, porridge, pancakes etc.

Teas, coffee, biscuits and fruit are freely available throughout the day.

We provide a healthy, balanced and varied diet, so people can select from a choice. We can provide gluten or lactose free options, and vegan, but we regret we can't cater for personal preferences or complicated specialist diets.

We usually meals are provide buffet style, but during this period we will plate and serve your food.



WHAT'S IN WALES ON RETREAT?

Time for yourself
Yoga
Healthy food
Being surrounded by nature
Switching off from our daily routine
Rolling hills and big skies
Plenty of walking, jogging routes
Journalling time
Meditation time
Contemplation time
Being with like-minded people
Making new friends
Actually seeing people that isn't on a screen!

Payment

Due to the current global situation, we will only be offering single occupancy rooms at the cost of shared room prices, as we understand that the price of a single room isn't for everyone - Cost £630pp

Investment in your well being

Prices are for 4 nights and include accommodation, three delicious vegetarian meals a day, water, fruit, tea and coffee..

To book

A non-refundable deposit of £150 is due to secure your place.*
Please email Paula at heykarmayoga@hotmail.com to confirm you would like to book a place.

The final balance will be due 6 weeks before the retreat.*

On booking please inform me of any relevant medical conditions and dietary requirements.

BOOKING TERMS AND CONDITIONS:*

In the event of the retreat being cancelled by the venue or yoga teacher (me) your deposit will be transferred forward to another date that we are able to run the retreat.

For any other unforeseen circumstances, please make sure you have full travel insurance, it is a condition of the booking that you take out travel insurance.

If for whatever reason you need to cancel your place on the retreat, please note the cancellation terms below regarding the final balance:

*CANCELLING less than 4 weeks prior to retreat commencing
NO REFUND will be offered.

*CANCELLING 12 weeks or more prior to retreat commencing
final balance will be refunded less £100 admin fee.

If we are unable to run the retreat due to travel restrictions, we will give you the option to transfer all monies paid to another date or refund your final balance.



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 week. However, if you need a towel or sheet replacement or any other service, just let us know.

Check in and out time

To allow for extra cleaning, check in time is after 4:00 pm and check out time 10:00 am on the day of departure.

Massage

There is an excellent local therapist available.

Please let us know in advance for booking and further details.

* Subject to Covid restrictions.

Notes on Covid-19 measures

To provide security and peace of mind to our guests based on current guidelines, we are limiting the booking numbers.

This allows single occupancy in an en-suite room for each participant, or members of the same family can opt to share a twin or double room.

This number also allows social distancing in the yoga studio, plus adequate spacing in the dining room and living areas.

Weather permitting, there is also plenty of outdoor eating space and the lawn can be used for yoga. If restrictions are eased, we will review the numbers and be able to take more guests. All cleaning measures in rooms and communal areas will be in place, following guidelines, including the yoga mats and equipment. We will ask that between sessions everyone stores their mat and any other equipment in their rooms for the duration of the retreat.

At the end of your stay we request that you strip your bed and put all sheets and towels into an enclosed bag which we will provide.

We will also provide a bag for your yoga mat and any other equipment you have used, so it can be safely removed for cleaning.



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.