

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



Andrew Wren is a BWY trained teacher who discovered yoga in his late 20s, he has a background in biology and an interest in various philosophical systems. As a life-long asthmatic he turned to yogic breathing techniques when his doctor prescribed stronger medication for the condition and he is now free from symptoms and medication. Inquiry led him to the traditions of Tantra and Advaita Vedanta, travelling to remote sacred locations in West Bengal, diving deeply into the sacred roots of yoga. He has led retreats in Europe, Middle East and India, teaches with delight and passion drawing on classical and contemporary traditions to promote strength, mobility and balance.



Sarah Beck has been enjoying running Yoga Teacher Training Diplomas for the BWY for 18 years and is currently serving on the BWY Training Committee. Sarah trained in Ayurveda 15 years ago, primarily with Dr David Frawley and Vaidya Atreya Smith, and has been running an Ayurvedic Practice and Ayurvedic Intensives since then. She is currently studying Biodynamic Cranio-Sacral Therapy which will become part of her Practice. Over the last few years Sarah has been studying and practicing Classical Tantric Yoga primarily with Vama Deva, Hareesh Wallis and Paul Muller-Ortega and she will be focusing upon an exploration of the world view and practices of the beautiful system of Non-Dual Saiva Tantra.



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.



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.



Minker Chang is a teacher and teacher trainer at Proper Northern Yoga. He has practiced meditation for 25 years and yoga for 15 years, trained with many of India's renowned teachers and has been teaching for eight years.

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* En-suite accommodation, 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

32nd Year

YOGA & WALKING HOLIDAY

Coniston in the Lake District

Cost – all rooms ensuite

Price includes full board and all tuition.

Single £815 Twin/Double £765 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@gmail.com **Web:** yogandshiatsu.org.uk



Coniston Yoga & Walking Holiday 14 -19 March, 2021

Name.....

Address.....

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



14 – 19 March 2021

Guest Tutors

Andrew Wren & Sarah Beck

2 Guided Walks daily

3+ Yoga Sessions & Meditation daily

Visits to local places of interest
Evening workshops, music and social occasions