

Our holiday aims to combine a solid base of yoga practice together with opportunities to attend various workshops; 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 Conistonwater and Coniston Old Man. The grounds slope down to the shores of the lake itself. Food is wonderful, buffet breakfasts, incomparable packed lunches and a wide choice of dinner menus. Special diets can be catered for.

Tutors



Zoe Knott is a Diploma Course Tutor (DCT) for the British Wheel of Yoga and is also their DCT Training Officer. She has over 30 years of yoga practice with many different teachers from a variety of traditions which has resulted in an eclectic teaching style influenced by all those she has worked with.

Her fundamental approach is to build strength as the cornerstone of practice and from that, all poses become possible. Asanas are broken down and analysed, muscles that need to be strong or flexible are considered and working in detail the components of a pose are gradually built up.

She has additional training in pranayama and pregnancy, runs regular classes, BWY Foundation and Diploma courses, offers workshops, yoga holidays and In Service Training.



Philip Xerri was born in Cardiff, Wales in 1948, an accomplished athlete in his youth, a 'wanderer' in his 20's, and then aged 28 he walked into Philip Jones Cardiff yoga class, which became a major turning point. Since then, he has practiced and taught yoga and pranayama throughout the UK and Europe. He

studied with Dr Swami Gitananda in India 1980-81, became a BWY Teacher in 1985 and spent many years experiencing different styles of yoga and complementary therapies.

His main focus has always been pranayama, culminating in development of a one-year pranayama training programme. His approach is structured, progressive, developmental and logical whilst holding firmly onto the power and spiritual poignancy of the practices. Yogaquests.co.uk



Shakti Bhakti (Helen Barker) is a Structural Yoga, Ayurvedic and Marma therapist whose personal experience of Structural Yoga Therapy has been profound. She has trained yoga teachers, runs workshops, yoga holidays, retreats and also works with individual students to develop harmony in their lives.

YogaNamaste.co.uk



Jayadhara (Jane Cluley) discovered yoga at university, and began teaching in 1988 studied yoga philosophy in India and offers BWYT Foundation and Diploma teacher training courses. Her teaching draws on the wisdom of Satyananda Yoga tradition and Buddhist practitioners. She has a talent for expressing her teaching clearly and enjoyably.



Len Goss will also be with us again; his voice, singing and chanting workshops are uplifting, joyful, challenging and filled with a warm humour that comes with his leadership.

Other tutors will be visiting during the week, including Cheryl Lee-Appleby and Steve Emmett giving workshops in their specialist subjects. There will also be various **social events** and **music** in the evenings.

Cost – all rooms en suite

Price includes full board and all tuition.

Single £750 Twin/Double £700 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.

29th Year

YOGA & WALKING HOLIDAY

Coniston in the Lake District



11-16 March 2018

3+ Yoga Sessions & Meditation daily

Nationally known tutors

Guest Tutors – **Zoe Knott & Phillip Xerri**

2 Guided Walks daily

One short and easy paced & one longer in the fells

Sessions exploring healing, voice, mantra, movement, dance

Visits to local places of interest

Evening workshops, music and social occasions

Feedback from previous years

'Great time, fabulous weather, teachers lovely and very knowledgeable'

'A lovely week shared with lovely people'

'A fantastic week – my first visit to Monk Coniston but I'm sure it won't be the last!!'

'This has been the best year at Coniston. Good yoga, excellent accommodation, food and weather better than ever'

'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

Telephone 07906 652669 **email** janecluley@fiscali.co.uk

Web Information: yogandshiatsu.org.uk



Coniston Yoga & Walking Holiday 11-16 March, 2018

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