

# Go With The Flow

*A weekend retreat*

30th Oct-1st Nov 2009

Craflwyn Hall, Snowdonia



A weekend retreat celebrating the flow of life as experienced through our yoga practice.

Held at Craflwyn Hall, a beautiful National Trust property in the heart of Snowdonia National Park.

This weekend's practice will include short meditation sessions, four flowing practices for different moods or times of the day and a relaxing yoga nidra to close Saturday night. There will be plenty of free time to relax and enjoy the area and hall and you can join us on a guided walk.

£200

Price includes 2 nights accommodation and all yoga tuition & meals.

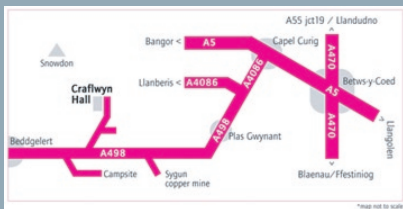
Food will be home cooked and vegetarian. Please let me know if you have any special dietary requirements.

To Book contact:

Sarah Hague - 0161 226 8021

[sarah@yogainchorlton.co.uk](mailto:sarah@yogainchorlton.co.uk)

Arrival 5pm Fri-dept 4pm Sun



Course fees are non-refundable but are transferable if a replacement is found either by yourself or by Sarah. Where booking requests exceed the maximum places available a waiting list will be kept. In the event of a cancellation I will do my best to transfer your booking and if successful will return your course fees less the £50 deposit.