

A YogaCo Weekend

At Barmoor, near Hutton-le-Hole, N. Yorkshire

25 - 27 April 2008

£145 including teaching, accommodation and organic food

A weekend of yoga for those who are keen to practice in a group setting, away from it all in a beautiful remote part of North Yorkshire, on the moors near Hutton-le-Hole.
Not suitable for complete beginners.

Fri afternoon arrive when you can, optional 6-7pm restorative asana session
7.30pm supper and introduction, 8.30-9 pm meditation

Sat 8 - 9.30am dynamic asana, breakfast, 11 - 12 noon pranayama and meditation
lunch, walk / sleep / rest, 4.30-6pm restorative asana and yoga nidra, supper, 8.30-9pm
meditation

Sun 8 - 9.30am dynamic asana, breakfast, 11 - 12 noon pranayama and meditation
lunch, walk / sleep / rest, clean up, 4pm meditation, close, return home

We will arrange car shares up from York. You will need to bring:

Yoga mat, blocks or cushion, 2 blankets, candle.

Sleeping bag or duvet, pillowcase, towel, sheet, perhaps a hot water bottle, soap etc.

Slippers and warm clothes (the house can be cold upstairs).

Walking gear.

Any special food or snacks you may need.

Please complete the application form below and send it, together with a deposit of £45,
to Sophie Carr, 24 Richardson St, York YO23 1JU, by April 18th.
Any queries - phone me 01904 733752 or email info@yogaco.co.uk

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I would like to come to the yogaCo retreat at Barmoor 25 - 27 April 2008. I enclose a deposit
for £45.

I understand that this deposit is non-refundable 30 days prior to the weekend. Cheques made
out to Sophie Carr.

Name

Address

Phone mobile

landline

email

dietary requirements - vegan? no wheat? etc (food will be vegetarian and organic)