Holistic Yoga Summer Retreat 2018

**5pm Friday 27th July - 3pm Sunday 29th July 2018 at East Down, Dunsford, Exeter EX6 7AL**

Experience a weekend of Holistic yoga set in an idyllic location in the heart of the Devon countryside, hosted by experienced Devon School of Yoga tutors James Russell and Barry Elms.

The yoga practice over the weekend will include preliminary exercises, asana (postures), pranayama & kriya (breathing exercises) and yoga nidra (deep relaxation). You will also have the opportunity to join in Kirtan (chanting mantras) and practice Chi Kung (Qigong) in some of the sessions.

The cost of the residential includes all tuition, accommodation (shared twin/triple rooms) and sumptuous vegetarian food provided by specialist caterers 'cafe-om.' You will also have the opportunity to explore the beautiful surrounding countryside, or even have an ayurvedic massage (extra charges apply).

**Total Cost:** £275 (full payment required by end of May 2018)

£100 non-refundable deposit secures a place

**Early bird:** £250 (full payment by end of March 2018)

**Please note:** there are limited spaces, so if you are interested then please send us the attached booking form as soon as possible.

# East Down Centre, Devon

East Down is set in its own 18 acres amid farming country. It is on the edge of the Dartmoor National Park, overlooking the Teign River Gorge and Dartmoor. The Centre is in a wonderful position with stunning views and an atmosphere of peace and tranquility. For more information on East Down centre please visit their website: www.eastdowncentre.co.uk

# Teachers

**Barry Elms MA DipDSY DipYTH**

Barry is an IYN Yoga Register Teacher (1000hr) and chi kung instructor. He has over 20 years experience of yoga and chi kung, and teaches weekly ‘Holistic Chi-Yoga’ and pregnancy yoga classes in North Cornwall. He is also a tutor on Devon School of Yoga’s foundation, teacher training and postgraduate courses, specialising in yoga philosophy, chi kung and yoga therapy. He trained with: the Devon School of Yoga (holistic yoga); the Yoga Biomedical Trust (yoga therapy); Birthlight (pregnancy & postnatal yoga); Tai Chi Nation (tai chi chi kung) and the University of Wales Trinity St. David (history & philosophy of yoga). He is the founder of UKBhakti.org, an online community for Bhakti Yoga in the UK.

**James Russell BA DipDSY DipYE**

James teaches a holistic approach to yoga that integrates a range of traditional practices. He has learnt yoga from a number of inspiring teachers in the UK and also in India and Nepal. His main teacher is Duncan Hulin, with whom he has studied regularly for the past 16 years. James has completed formal training with: The British Wheel of Yoga, The Devon School of Yoga and also Yoga Vidya Gurukul - a yoga institute based in Maharashtra, India. He has completed two teacher-training diplomas and also also holds: a certificate in ‘Advanced Yoga Studies’ from Yoga Vidya Gurukul and a Post Graduate Diploma in Yoga Therapy from the Devon School of Yoga. James has been teaching Yoga since 2007 and is a teacher trainer for the Devon School of Yoga. He is the founder of 'exeterlovesyoga' and is also a member of the team that organises the Devon Yoga Festival.

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To book a place on the retreat please return this form with a deposit or full payment to:

Holistic Yoga Summer Retreat, Elmsgrove Yoga, 40 Kit Hill View, Launceston, Cornwall PL15 9EF

Name: ………………………………………

Address: …………………………………………………………………………………………………….

Phone: …………………………………… Email: …………………………………………………………

* **I have enclosed a cheque for: £100 deposit / £250 early bird / £275 full payment.**
* **I have sent by PayPal: £105 deposit / £260 early bird / £290 full payment.**

*Please delete as appropriate. Please make cheques payable to “Barry Elms”. Send Paypal payment to “*[*barry@elmsgrove.com*](mailto:barry@elmsgrove.com)*" and add your name and ‘Holistic Yoga Summer Retreat 2017’ in the notes section; please note the extra cost when paying by PayPal is to cover their ‘Goods and Services’ charges)*

Brief summary of your yoga experience (i.e. years practiced, styles etc.):

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Health conditions and medication currently being used:

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* I declare that the information I have given here is correct and as far as I am aware I can participate in Yoga classes without any adverse effects.
* I understand that the teachers being aware of my health condition(s) is a requirement for attending the yoga retreat, and that it is my responsibility to keep the teachers up-to-date on my health situation.
* I understand that should I have any concerns regarding yoga practice I should consult the teachers before continuing, and my G.P. if required.
* I understand that my body is my responsibility, and that should I be uncomfortable or in pain during an exercise I need to talk the teacher at the time so that suitable variations can be provided. I am aware that posture adjustments are sometimes made verbally or with a light touch.
* I understand that this form is strictly confidential, and is solely for the use of the class teachers to help provide a safe environment within classes/sessions.

Signed ……………………………… Date ………………………………