



HOLISTIC YOGA AUTUMN RETREAT

at

THE BEACON CENTRE
Near Exeter

with

DUNCAN HULIN

Director of The Devon School of Yoga

and

ANDREA GUEST

(Dip DSY YRT)

October 22nd – 24th 2010

ASANA - PRANAYAMA - MEDITATION

Experience a weekend of Yoga, Pranayama and Meditation with time to relax and enjoy the beautiful surrounding countryside at the newly refurbished Beacon Centre near Exeter

Vegetarian cuisine

Spacious light studio

Price £195.00

Includes: Accommodation, meals & tuition

Tel: 01392 420573 Email: info@devonyoga.com Web: www.devonyoga.com
4 Barnfield Hill, St Leonards, Exeter, EX1 1SR

Holistic Yoga Autumn Retreat

October 22nd – 24th 2010

THE VENUE

The residential venue is the newly refurbished Beacon Centre surrounded by beautiful Devon countryside yet only four miles from Exeter. There is a spacious, light studio and plenty of space for group activities and individual private time. Accommodation is in twin rooms and the wholesome vegetarian food is not only plentiful, it's delicious and nourishing.

DAILY SCHEDULE

Friday 22nd October

3.00pm	Arrive and settle in
4.15pm – 6.30pm	Introductions / orientation, Yoga in the studio
7.00pm	Dinner

Saturday 23rd October

7.00am – 8.45am	Meditation, pranayama, kriyas (breath only) & morning stretches (Silence through to breakfast)
9.00am	Breakfast
10.30am – 12.30pm	Yoga in the studio
1.00pm	Lunch
2.30pm - 4.30pm	Free time / optional walk in the woods
4.45pm – 6.45pm	Yoga in the studio
7.15pm	Dinner
9.00pm	Kirtan chanting

Sunday 24th October

7.30am – 9.15am	Meditation, pranayama, kriyas (breath only) & morning stretches (Silence through to breakfast)
9.30am	Breakfast
11.00am – 1.15pm	Yoga and closing session
1.30pm	Lunch
3.00pm	Depart

DIRECTIONS

Approaching north from M5: take junction 31, onto the A30, signed to Okehampton

Approaching south from A38: take the westbound A30 turn off to Okehampton

After one mile Leave the A30 at the next exit, which is the A377 marked Exeter/ Crediton. At the roundabout directly at end of the exit, take the first left off the roundabout, signposted to Dunsford/ Ide etc. Continue on until you reach a T junction (approx 1 mile). Turn left (B3212 signed to Dunsford) and then immediately right at a garage called Swains Family Car Centre, signposted to Tedburn St Mary.

*After 1 mile turn left into Cutteridge lane, opposite a single pink cottage, carry on ½ mile up the country lane to The Beacon Centre / Cutteridge Farm at the very end of the lane.

On entering the driveway, park immediately to the left.
Walk down left fork of driveway and the building we are in is on the right, entrance through gate into yard opposite the farmhouse.

Approaching from Exeter: at the major roundabout over the River Exe, (Exe Bridges) take the B3212 (Cowick Street), signposted to Moretonhampstead. After approx 1 mile turn right at a garage called Swains Family Car Centre. Then follow instructions marked *

Approaching from Okehampton A30: Take the Pathfinder Village turn-off (the one after Tedburn St Mary) and proceed along the old A30 past Pathfinder. Continue for approx 3 miles (past Travellers Rest Pub) and 1 mile after the pub, look out for a concealed lane turning on the right (opposite single pink cottage).

PRICE

Excellent value at **£195.00**

- **Deposit: £75.00 non refundable** deposit secures a place, (cheque payable to **Andrea Guest**, and send to **4 Barnfield Hill, St Leonards, Exeter, EX1 1SR**).
- **Balance:** The balance, of **£120.00**, is due on or by the 22nd September, 2010 (cheque payable to **The Beacon Centre** and also send to the **Devon School of Yoga, 4 Barnfield Hill, St Leonards, Exeter EX1 1SR**).

The cost includes: Two nights accommodation, all meals and tuition.

CANCELLATIONS

Notice of cancellation must be given in writing. Cancellations received up to four weeks prior to your arrival will forfeit the deposit. Cancellations after that will forfeit the full amount. We reserve the right to cancel the retreat due to unforeseen circumstances, in which case all monies will be returned.

EXCLUSIONS

All information is correct at the time of going to press. We do not accept liability for loss or damage to your personal property, or any accidents during your stay.

Booking Form
(Please tear off, complete and return to **The Devon School of Yoga** with cheque for deposit)

Name.....

Address.....

.....**Postcode**.....

Telephone/Fax.....**Email**.....

I/We enclose deposit(s) of **£75.00** per person for the retreat October 22nd - 24th, 2010
(Cheque(s) for the deposit payable to and sent to **Andrea Guest - 4 Barnfield Hill, St Leonards, Exeter EX1 1SR**)

I/We have read, understand and agree with the above practical details.

Signature(s).....**Date**.....