

## Retreat Overview

The retreat will start on the Thursday at 16.00 and finish on the Sunday at 14:30.

There are a number of options for traveling to the Mill Retreat Centre:

- Eurostar to Calais;
- Eurostar to Paris and train to Aumale;
- Eurotunnel or Dover ferry to Calais (90min drive to the centre);
- Newhaven to Dieppe ferry (35 mile drive to the centre)
- Flights to Charles De Gaulle or Beauvais

For details of travel options please visit the Stillness Retreat's website:

<http://www.stillnessretreats.com/directions>

Fees per person including 6 classes, 2 workshops, walking meditation, accommodation, all meals and 3 guided walks:

- Sharing a twin room - £370 per person;
- Single room - £400 per person

A non-refundable deposit of £100 is to be paid when booking, full payment by 02 May 2011



Optional treatments (massage, Reiki etc) priced individually as available.

To reserve your space please contact **Heather**:  
0044(0)1784 492500  
[heather@omtropy.com](mailto:heather@omtropy.com)

## The Mill Retreat Centre

The Mill Retreat Centre is located in the beautiful Bresle Valley in Normandy, in-land from Dieppe.

The centre is based in an impressive, newly converted Mill House dating back to 1846.



Accommodation is comfortable, warm and well maintained. It has a large Yoga studio that is flooded with light and other meditation and treatment rooms.

The Mill Retreat Centre is set in 30 acres of private grounds including a 10 acre lake, woodland and a wetland wildlife reserve with a huge variety of fish, birds, mammals and plant life. This provides a secluded



and tranquil environment for meditation, walking and being at one with nature. With the two year project to renovate the original hydro-turbine underway, the owner's aim is to make the site carbon-neutral by 2011.

For more information on the centre please visit:

<http://www.stillnessretreats.com/>  
<http://www.millretreatcentre.com/>



Invite you to

Create Space VI Retreat

Join us for Yoga, Meditation and Guided Walks

Normandy, France

19<sup>th</sup> – 22<sup>nd</sup> May 2011



With

Heather George

and Tony Davis

## The Retreat

“Create Space” retreats provide an opportunity and environment where you will be able to enhance your practice and deepen your knowledge. We invite you to immerse yourself in the beautiful and peaceful surroundings of the Mill Retreat Centre (of which we will have exclusive occupancy) to nurture yourself both physically and spiritually.

The Retreat Leaders will introduce you to aspects of philosophy and practices that are often overlooked during general classes, and there will be the opportunity for you to have direct contact with the teachers and receive guidance for your personal practice. The program will include 2 classes per day, early morning & evening meditation, guided walks and talks on philosophy, plus free time to appreciate the secluded and private location.

Accommodation is primarily in shared twin rooms. There is limited single accommodation. There are plenty of bathrooms and lounging areas. All meals, which are mainly organic, will be vegetarian carefully catered for by the chef using much local produce.

Please advise us of any special dietary requirements.

There will be ample time in the afternoons to relax around the grounds and lake, or take a trip into Aumale, the nearby town. Before or after the retreat we recommend a drive down the beautiful Bresle valley to the historic town of Eu or the picturesque port and resort of Le Treport.



## Outline Programme

### Thursday

16:00 to 17:00 Arrive at Mill Retreat Centre  
17:30 to 18:00 Introduction from Heather and Barbara Boxall of Stillness Retreats.  
18:00 to 19:00 Gentle Hatha class  
19:00 to 20:30 Dinner  
21:00 to 21:30 Yoga Nidra (deep relaxation)

### Friday

06:00 to 06:30 Pranayama and Meditation  
06:40 to 08:00 Yoga  
08:00 to 09:00 Breakfast  
09:15 to 13:00 Free time or guided walk  
11:00 to 12:30 Intermediate Yoga (optional)  
13:25 to 14:30 Lunch  
14:30 to 17:00 Free time, guided walk  
17:30 to 18:45 Yoga  
19:00 to 20:30 Dinner  
21:00 to 21:30 Meditation and Visualisation

### Saturday

06:00 to 06:30 Pranayama and Meditation  
06:40 to 08:00 Yoga  
08:00 to 09:00 Breakfast  
09:15 to 11:15 Free time or optional intermediate Yoga or guided walk  
11:45 to 13:00 Workshop  
13:25 to 14:30 Lunch  
15:00 to 15:30 Walking meditation round the lake  
15:30 to 16:30 Free time  
17:30 to 18:45 Yoga  
19:00 to 20:30 Dinner  
From: 21:00 Puja and bonfire (weather permitting)

### Sunday

06:45 to 07:00 Pranayama and Meditation  
07:10 to 08:30 Yoga  
08:30 to 09:30 Breakfast  
09:30 to 10:30 Vacate rooms  
10:30 to 12:00 Workshop  
12:30 to 14:00 Lunch  
14:00 to 14:30 Farewells

## Retreat Leaders

**Heather** teaches Hatha and Vinyasa Flow Yoga blending different disciplines and incorporating elements of Pilates and ChiBall. She has a Diploma in Anatomy & Physiology and is a Life Coach & Reiki practitioner. Heather coaches for exam stress management in meditation & deep relaxation. She also provides services to local authorities to help tackle inequalities in affordable healthcare for a broad range of age groups and ethnicities.



**Tony** organises the walking meditation and guided walks as well as looking after the logistics of the retreat. He has over 40 years experience of hill walking and is a member of the Long Distance Walkers Association.



**N:B:** Please bring comfortable clothing for classes, writing materials to take notes in workshops, suitable walking shoes, outdoor clothing and towels.