

Retreat Overview

The retreat will start on Thursday 9th August at 16.30 and finish Sunday 12th at 14:30. For Travel details and further info about the centre please visit the Duncton Mill's website: www.dunctonmill.co.uk

For those traveling by train, go to Pulborough station. It is then a 15 minute taxi journey to Duncton Mill.

Fee: **£335 per person all inclusive** (except traveling expenses). A deposit of £50 (non-refundable) to be paid by May 1st, the full amount by July 2nd.

£305 if you pay £100 (£50 non-refundable) by April 6th and full amount by 31st May

There will be optional guided walks, massage, Reiki healing and Life Coaching taster sessions available at a nominal charge

To reserve your space please contact:

Heather on 01784 492500

email: heather@omtropy.com



Duncton Mill

Duncton Mill is believed to be a site of ancient origin owing to its proximity to the South Downs Way (an ancient trail since Neolithic times) and the natural water spring in the grounds. The trout-pond at Duncton Mill would further suggest this.



However the first real evidence of habitation and of a mill is recorded in the Domesday Book (1086). There have been orchards and fisheries at Duncton Mill since medieval times.

From that time, the mill was used for both dyeing cloth and grinding corn. The current water-mill was built in 1824, and has not been used for nearly a hundred years. There are hopes that it will be refurbished one day.



The farmhouse dates from 1767 and the site was farmed until the lakes were built about twenty-five years ago.

Recently Duncton Mill has been run as a holiday cottage business. There is an entirely separate and successful trout rearing and fishing enterprise operating the big lakes.



OM – WAVES

Invite you to

Create Space

Join us at a

YOGA RETREAT IN WEST SUSSEX

AUGUST 9TH - 12TH 2007



With

Heather George

&

Marianne Simonin

A retreat is a wonderful way for letting go of stress and tension! In the beautiful surroundings of Duncton Mill in West Sussex you will be able to nurture yourself physically and spiritually.

Both Heather and Marianne have many years of experience in teaching Yoga



and related therapies, and they have designed a programme that will allow you to grow experience and have fun too!

They will try to introduce you to aspects of Yoga philosophy and practices that are often overlooked during general yoga 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 yoga classes per day, early morning meditation, talks on philosophy and Satsang (inspiring Sanskrit chants to uplift the heart!).

The retreat is in shared accommodation (twin room) some with en-suite bathroom. There are plenty of bathrooms and lounging areas. All meals which are mainly organic will be vegetarian carefully catered for by the chef!

Please advise us with notice of any special dietary requirements

There will be ample time in the afternoon to laze around by the pool or take some beautiful walks in the Downs. At a small cost, Heather's partner, Tony, will be offering guided walks for those who wish, Heather will provide Reiki sessions and Life Coaching taster sessions. Marianne will be available for massage and personal practice guidance.

Programme

Thursday 9th August

16:30 to 17:00 Arrive at Duncton Mill
17:30 to 18:00 Introduction from Heather, Marianne and Barbara Boxall of Duncton Mill. Please book optional activities
18:00 to 19:00 Yoga class
19:30 to 20:30 Dinner
21.00 to 21:30 meditation

Friday 10th August

06:00 to 06:45 Pranayama and meditation
07:00 to 08:30 Yoga class
08:30 to 09:30 Breakfast
09:30 to 12:00 Free time, optional:

- Guided walk with Tony
- Reiki with Heather, massage with Marianne

12:00 to 13:00 Yoga philosophy
13:00 to 14:30 Lunch
17:30 to 18:30 Yoga class
19:30 to 20:30 Dinner
21.00 to 21.30 Meditation

Saturday 11th August

06:00 to 06:45 Pranayama and meditation
07:00 to 08:30 Yoga class
08:30 to 09:30 Breakfast
09:30 to 12:00 Free time, optional:

- Guided walk with Tony
- Reiki /L Coach sessions with Heather

12:00 to 13:00 Yoga philosophy
13:00 to 14:30 Lunch
17.30 to 18.30 Yoga class
19:30 to 20:30 Dinner
21.00 to 21.30 Meditation

Sunday 12th August

06:00 to 06:45 Pranayama and meditation
07:00 to 08:30 Yoga class
08:30 to 09:30 Breakfast
Vacate rooms
10:00 to 13.00 free time, optional:

- Guided walk with Tony

13:00 to 14:00 Lunch
14:00 to 14:30 Farewell

Retreat Leaders

Marianne teaches Hatha Yoga with a spiritual approach based on the Samkhya philosophy, blending elements of

Tantra and Ayurveda. She is a holistic and ayurvedic massage practitioner, and an artist.



Heather teaches Hatha Yoga blending

Sivananda, Iyengar & Power. She has developed her own Flow Yoga, incorporating elements of Pilates and Tai Chi. She is a Life Coach & Reiki practitioner and coaches for exam stress management in schools.



Both teachers have a creative approach that compliments each other.

N:B: Please bring suitable walking shoes, poolside towels and hair dryers if required.