GLASTONBURY YOGA AND HEALING RETREAT Dawn Mason and Stephen Hill 16<sup>th</sup> - 19<sup>th</sup> September 2022 We are delighted to announce our first post lockdown retreat and in celebration it is being held on the magical |sle of Avalon...... Glastonbury.

Known as the heart chakra of the world and renowned for its healing powers, Glastonbury is the perfect location for our transformative, healing retreat.



## OPENTOALL

Open to all levels of knowledge and experience, you are invited to join us for this 3 - day retreat. An opportunity to completely immerse yourself in the practice of yoga, and healing with other like - minded people and to enjoy the peaceful atmosphere of this warm, friendly and magical place.

## YOGA AND HEALING

Both Dawn and Steve are experienced and knowledgeable Karuna Yoga teachers, who trained together 12 years ago, with the Dawn Smith school of yoga.

. Both have gone on to specialise in their different fields (see below for more details) but remain true to their karuna roots of safety - through correct alignment and procedure, inclusion -making yoga accessible to all and compassion meeting each student where they are on their own yoga journey.

The yoga room is spacious, and light filled, the perfect place for yoga, meditation and contemplation.

No matter where you are on your yoga journey, a retreat will offer you time and space to enhance your experience, a chance to unwind and relax deeply.

When the mind and body are relaxed, healing can take place.



# THE ACCOMMODATION

Well known for its luxurious stays during Glastonbury Festival, the cosy cottages of Middlewick provide the perfect retreat accommodation. Within view of the famed Glastonbury Tor and surrounded by the enchanting countryside of the Somerset levels the facilities include an octagonal yoga studio, a café and farm Shop, selling locally sourced produce and a spa.

Delicious and plentiful vegetarian food is provided, and all cottages have their own kitchen facilities.

More information is available here

https://middlewickholidaycottages.co.uk

## THE SPA



Set within view of Glastonbury Tor, with far reaching views of rolling hills and beautiful countryside, your ultimate secluded sanctuary of well-being awaits you.

With a focus on holistic wellbeing and nourishment of mind body and soul, the unique converted shepherd's huts are tailored for all your luxury spa needs.

Your own personal space to unwind, from beautiful meadow gardens, a calming relaxation room, steam room and pool.

Please pre-book your treatments during our scheduled free time.

For a full list of treatments click here

The Spa, at Middlewick, Glastonbury (glastonburyspa.co.uk)

#### SACRED SITES



During our retreat we will be spending some time visiting some of the sacred sites of Avalon, to experience the deep healing and transformational energy of this magical place.

We will visit Glastonbury Tor, an important spiritual site of pilgrimage and shrouded in myths and legends

Find out more here: Legends of the Tor | National Trust

We will also visit the healing White Water Springs, where we will have a private booking for our retreat, to bath in the pool if you wish, and spend some time in quiet contemplation.

And finally, we will visit the Chalice Well, opposite, which is known as the Red Spring ...... both springs have healing in their flow and are special places of spiritual pilgrimage. Read more about the sacred springs here:

White Spring - Home

<u>The Chalice Well Trust</u>

There will also be plenty of free time for you to explore the local shops, visit Glastonbury Abbey or simply enjoy the lovely bohemian atmosphere of the town, or you may like to book a treatment at the spa, or simply relax with a book and take some time for yourself.

## TEACHERS

#### DAWNMASON

## Yoga Teacher, Yoga Sports Coach, Reiki Master



Dawn has been practising and teaching yoga for the past 20 years. She is an experienced and knowledgeable teacher who specializes in the rehabilitation and injury prevention through the medium of Yoga and Pilates, delivering safe, effective and

inclusive teaching style that is suitable for all levels of ability. In recent years Dawn as returned to her native Dorset, to rediscover her earth-based spiritualty, and will be leading the visits to the sacred sites of Glastonbury during the retreat.

Dawn currently teaches in her studio in West Dorset and in Glastonbury.

More information about Dawn is available on her website at www.opaldorsetyoga.co.uk

#### STEPHEN HILL-YOGI SURI VANDANA

Yoga Teacher, Gong Master, Meditation Guide and Healer



Stephen is a gifted Yoga teacher, Gong practitioner and Healer.

He has been practising and teaching all aspects of yoga for 20 years and includes in his teaching an

understanding and knowledge of the philosophy as well as the practice of yoga.

In addition to teaching yoga on our retreat, Steve will be delivering the sound healing gong baths. A gong bath is an ancient form of vibrational sound healing. Everything you see around you is vibrating at a frequency, whether we hear it or not. Sound frequencies can affect us on a cellular level and influence how we feel and function. Sound healing practices like gong baths use vibrational sound and frequency to help reduce stress, alter consciousness and create a deep sense of peace and wellbeing.

More information about Stephen is available on his website: <a href="http://www.yogisurivandana.com">www.yogisurivandana.com</a>

## WHAT'SINCLUDED

- 3 nights fully inclusive accommodation
- 3 breakfasts, 3 evening meals and 2 buffet lunches
- Tea, coffee, hot drinks and snacks throughout the day
- Afternoon tea and cake
- 8 Yoga sessions
- 3 sound healing gong baths
- Guided meditations
- All yoga equipment will be provided, including mats, blocks, bolsters, belts and meditation blankets, but please feel free to bring your own if you prefer
- Guided walks
- Excursions to the sacred sites of:
- Glastonbury Tor,
- White Water Springs
  - Chalice Well
- Use of swimming pool and relaxation area

# COST: £695 inclusive

£100 single room supplement

An early bird discount of £50 is available until the end of July if retreat is paid in full

You can secure a space on this retreat with a nonrefundable deposit of £250, with the balance to be paid by the 31 st August 2022.

For all enquiries, please contact Dawn on 07769 684064 or email dawnmason35@yahoo.com