



La Forêt

Yoga Retreat Weekend

We are delighted to offer this invitation to join us at our beautiful 17th century manor house, a perfectly tranquil setting surrounded by natural woodland, grapevines and pine forest.

La Forêt is just a short walk from the village of Estang, in the heart of Armagnac, South West France.

www.laforet-estang.com





Yoga at La Forêt

Thursday 12th to Monday 16th May 2011

4 night stay to include:

Yoga with Usha Devi Rathore, twice daily - early morning and evening. Meditation and Yoga Nidra, simple talks on Yoga in daily life, Yoga nutrition and Ayurvedic recipes and cooking. Ayurveda is the "Ancient Science of Life".



...plenty of free time for you to relax, read a book, enjoy the garden, swim in the pool, or wander off to the village. Walk through the woods to the vineyards, down to the river taking in the stunning Gascon countryside and visit the medieval village of Labastide d'Armagnac on Sunday morning...



And, of course, the promise of delicious home cooked organic food fresh from the market.



Usha Devi Rathore

has 24 years teaching experience and trained as a yoga instructor at the Bihar School of Yoga, India, founded by Swami Satyananda Saraswati.

Usha taught therapeutic yoga at The Hale Clinic in London for 10 years. She has worked with people with many stress-related ailments like asthma, blood pressure, Crohn's disease, back problems etc.

The holistic yoga she teaches is a process where one does yoga postures to get rid of physical tensions; the pranayama, or breathing practices, to regulate the brain; and yoga nidra, a tantric technique where the student is guided into a deep state of relaxation and various visualizations aid healing and unlocking one's creative potential.

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Yoga at La Forêt

£525.00 per person

(based on 2 people sharing, single occupancy in the double bedrooms will be an additional £75.00)

Name

Address

Email

Telephone

Signature

Date

Payment Terms

Payment (in full) is required to secure a place on the retreat weekend and please note this is non-refundable should a booking cancellation be made within 4 weeks of the commencement date.

Please send a cheque to Jane Slemeck, and post with the completed Booking Form to:

45 Stockwell Park Road, London, SW9 0DD

Suggested Flights

Outbound

Thursday 12th May 2011, BA7987 Gatwick 1650
arriving Bordeaux 1925



Inbound

Monday 16h May 2011, BA7984 Bordeaux 1055
arriving Gatwick 1130