

# Holistic Late Summer Yoga Retreat

13<sup>th</sup> – 15<sup>th</sup> September 2024

at

**Gambledown Farm, Romsey, Hampshire, SO51  
6JU**

With Eloise Hawes and Clare Prideaux

Asana- Pranayama- Meditation

Experience a weekend of yoga, pranayama, and meditation.

with time to relax and enjoy the beautiful surrounding  
countryside at Gambledown Farm in Hampshire

**Vegetarian cuisine**

**Spacious light studio**

**Price £600**

Includes

- Accommodation
- All meals, snacks, and drinks
- Five yoga sessions
- Qi Gong, Yoga Nidra
- Evening Gong Bath with Harriet Smith

## THE VENUE

Gambledown Farm is a privately owned farm, found on a hill above the beautiful Test Valley in Hampshire. There is a light spacious studio, a welcome sitting and dining area with a wood-burning stove, and very comfy accommodation in double and twin rooms (limited single rooms are available and carry a supplement). The delicious vegetarian food is locally sourced. Plus, there is a lovely area outside with a firepit and walks throughout the farm and surrounding countryside, ([www.gambledownfarm.co.uk](http://www.gambledownfarm.co.uk)).

## DIRECTIONS

Gambledown Farm is 1 hour 40 mins from London on the edge of the New Forest, the postcode will lead you directly to the Farm. It is just outside the town of Salisbury. There is ample parking just behind the barn as you drive up the lane, it is found on your right-hand side. Clare and I will be on hand to meet you there. SO51 6JU is the postcode for the Farm.

## PLEASE BRING

Yoga mat, blanket, blocks or cushions as needed.

We hope you can join us and take this opportunity to enjoy this weekend yoga retreat with plenty of time for rest, rejuvenation, self-inquiry and time in nature.

## DAILY SCHEDULE

### Friday 13<sup>th</sup> September

2:30pm - 3:30pm Arrive and settle in (strictly no arrivals before 2.30pm please)

4:15pm – 6:30pm Introductions/orientation, yoga in the studio

7:30pm Dinner

Evening Free time - relax and socialise.

10pm Retire

### Saturday 14<sup>th</sup> September

6:20am Wake-up call (Silence on waking through to breakfast)

7:00am – 8:30am Meditation, pranayama, kriyas & morning stretches, yoga in the studio

9:00am Breakfast

10:30am – 12:30pm Yoga in the studio

1:00pm Lunch

2:00pm – 4:00pm Free time/walk/siesta etc, all optional

4:15pm – 6:30pm Qi Gong on the lawn, followed by Yoga Nidra in the studio.

7:00pm Dinner

8.00 to 9.00pm Gong Bath

10.00pm Retire

Sunday 15<sup>th</sup> September

6:50am Wake-up call (Silence on waking through to breakfast)

7:30am – 9:00am Meditation, pranayama, kriyas & morning stretches, yoga in the studio

9:30am Breakfast

11:00am – 1:00pm Yoga in the studio

1:30pm Lunch

Depart after lunch.

NOTE: The schedule is not set in stone and the timings may vary slightly.

#### PRICE

Total Price: £600 The all-inclusive price includes two nights' accommodation in twin rooms (please note that limited single rooms are available with a supplement) all meals, snacks, and drinks, five yoga sessions, one Qi Gong session, one Yoga Nidra session and one Gong Bath. Payment can be made via bank transfer to: Eloise Hawes, Sort code 200500, Account 10713775 (When paying via transfer, please include your name and the reference "Retreat24").

**TERMS AND CONDITIONS** Should you wish to cancel a booking once made we regret payment is non-refundable and non-transferable. We reserve the right to cancel the retreat due to unforeseen circumstances, in which case all monies will be returned. We do not accept liability for loss or damage to your personal property or any accidents during your stay. Attendees are responsible for their own travel/health insurance.

Please complete and return to Clare [clareisprideaux@icloud.com](mailto:clareisprideaux@icloud.com) or Eloise, [Eloise.mh@googlemail.com](mailto:Eloise.mh@googlemail.com) for the Late Summer Residential Yoga Retreat as soon as possible to secure your place.

I enclose a deposit of £250, final payment will be requested by 12<sup>th</sup> July 2024.

Name.....  
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Address.....  
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Postcode.....

Telephone.....

Email.....

I/We have read, understand, and agree with the terms & conditions.

Signature(s).....

Date.....

About us:-

Eloise Hawes Dip DSY, Dip YTH.

Eloise has been practising yoga for over 20 years. She qualified with The Devon School of Yoga in 2001, she then went on to specialise in Yoga Therapy with DSY. She has also qualified as a yoga teacher with Birthlight and YogaBugs. Eloise has trained with several different teachers, Pattabhi Jois, Gingi Lee, David Swenson, David Williams, Danny and Olivia, but her main teacher is Duncan Hulin with whom she has studied regularly for the past 20 years. Duncan runs the Devon School of Yoga and teaches a holistic programme of yoga. As well as coming from a diverse base, its core practices are based on the Dr.Pillai system of Kriyas, Pranayama and Meditation. Its spiritual energy source comes through Swami Sivananda Paramahansa (of Kerala, India). She has an experience of different styles and a holistic approach to yoga; she runs weekly classes in Dorset based on these core practices.

Clare Prideaux

Clare has been practising yoga for over 20 years. Her introduction to Yoga was a course taken at The Sivananda Centre in Putney in 2000. After leaving London she continued her practice and worked as a veterinary surgeon. She qualified in May 2022 from the Apanaveda School of Yoga with the 200hour certified yoga teacher training course. Apanaveda is a slow and strong style of yoga that enhances and restores the body's natural movement. She is currently studying on a one-year course 'Touching Stillness' with Bill Wood, exploring yoga and mindfulness. She teaches weekly classes of a holistic style of yoga incorporating meditation, pranayama, and movement in Essex.

Clare and Eloise have been attending retreats together for the last 8 years, culminating in a fabulous two-week retreat to India in April 2023. Whilst there, they thought how lovely it would be to share the teaching and experience they gained in India with others by putting together a holistic and fun retreat incorporating the lovely practices they participated in daily.