

Early Summer Iyengar Yoga Weekend
Parwich: The Derbyshire Dales
Friday 15th June – Sunday 17th June 2018



With Intermediate Iyengar Yoga teachers Isabel Jones Fielding and Geoffrey Fielding

Price £155, 10 hours yoga and 2 brunches

*DEPOSIT: £50.00 secures a place.

Join us this early summer in June 15,16 and 17th 2018, and be refreshed by the beautiful Derbyshire Dales. This weekend takes place in Parwich, a handsome limestone village of some antiquity, nestling in the southern slopes of the White Peak plateau. Spreading attractively around its village green and old sheep-wash. Its secluded character adds to its appeal, for it is on the road to nowhere. The weekend is led by experienced intermediate level 3 Iyengar teacher Isabel Jones Fielding and Intermediate Level 1 Iyengar teacher Geoffrey Fielding. Over the weekend, experience 10 hours of Iyengar yoga, taught in the stunning award winning architect designed village hall. Wooden floors, high ceilings, lots of light and high level green credentials make this the perfect place for yoga.

Location

Parwich is 20 minutes by car from the market town of Ashbourne, so travel in each day is possible if you live locally.

Iyengar Yoga Timetable

The first class of the weekend is on Friday evening, and there will be 5 yoga classes during the weekend, 10 hours of yoga in total. The weekend starts on Friday evening, 2 classes on Saturday with plenty of time for walking in the afternoon, then pranayama plus asana on Sunday, finishing after lunch, before a final walk or early departures.

Who is it for?

All levels of Iyengar Yoga student are welcome, though the Sunday classes build upon the Saturday class, and will not on their own be suitable for complete beginners.

Meals

Vegetarian lunches/brunches are prepared freshly and provided for all Yogis, served in the memorial hall, which has a well appointed kitchen as part of its facilities. This is provided after daily morning class, leaving afternoons free for local walking, and sightseeing in this beautiful region. Evening meals on Friday and Saturday evening will be self-organised. Plenty of local pubs and cafes out there; but we recommend booking.

Accommodation and Facilities Locally

Plenty of accommodation options locally with self catering cottages in Parwich, Tissington, Brassington and the lovely villages around, as well as some Airbnb options. Also cosy camping pods, yurts and good camp slots at Rivendale, an old limestone quarry, 10 mins drive away (or 45 minutes' walk down into Parwich over open fields), with views of the countryside beyond. Rivendale has excellent facilities, including café, and good shower facilities.

BOOKING FORM – Parwich 15, 16th and 17th June 2018

I would like to book spaces

Name/s.

Address

Tel and email

£155 Yoga 10 hours = 5 classes and 2 x Lunches.

*I enclose the deposit of £50. Or full payment ofPlease circle below:

Deposit not refundable – Travel Insurance recommended.

Please pay via bacs transfer IM Jones business account, Lloyds TSB sort code: 30 18 98, Account number (0)0099091 Reference Initials then 'Parwich' Or make cheques payable to Isabel Jones and send to: 52 Albert Road, West Bridgford, Nottingham, NG2 5GS.

For Further Information Contact: isabel@movement4health.co.uk Tel. 0115 9749975