

Spring Iyengar Yoga Retreat
Parwich: The Derbyshire Dales
Friday 4th April – Monday 7th May 2018



With Intermediate Iyengar Yoga teachers Isabel Jones Fielding and Geoffrey Fielding

Join us for May bank holiday 2018 and be refreshed by the beautiful Derbyshire Dales. This 3-night / 4 day weekend of Iyengar yoga, good food, and fresh air, is our 2nd year in Parwich, a handsome limestone village of some antiquity, nestling in the southern slopes of the White Peak plateau. It spreads 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 yoga will be held at 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. To make this weekend accessible, we're offering a range of accommodation options locally. For residential participants, is our lovely family run cottage 'The Old Shop' located next door to the village hall. Local glamping and basic camping facilities are also available. Parwich is 20 minutes by car from the market town of Ashbourne, so travel in each day is also possible if you live locally. Communal lunches are freshly cooked for all.

Iyengar Yoga

The weekend is led by experienced intermediate level 3 Iyengar teacher Isabel Jones Fielding, and intermediate level 1 Iyengar teacher Geoffrey Fielding who is also a registered Osteopath. The first class of the weekend is on Saturday morning, and there will be 5 yoga classes during the weekend, 11 - 12 hours total. All levels of student are welcome, though the Sunday and Monday classes build on the Saturday class, and will not on their own be suitable for complete beginners.

Meals

Lunch will be served in the village hall, and provided after daily morning class for all yogis, leaving afternoons free for local walking, and sightseeing in this beautiful region. There will also be 2 evening classes on Saturday and Sunday, and the weekend finishes on Bank Holiday Monday with yoga, then lunch before departures. Lunches consist of home-made soup, home-made bread, cheeses, and fruit, cake and drinks will also be available for all yogis late afternoon at The Old Shop. Evening meals on Saturday and Sunday will be self-organised. We are planning to book a table at the village pub, The Sycamore, on Saturday night – let us know if you would like to be included. A vegetarian hot meal is provided on Friday evening (7.30) pm for those staying at the Old Shop. For non-residents, the local pub serves good food (including vegetarian options).

Accommodation and Facilities The Old Shop



The Old Shop is a pretty conversion of an old limestone cottage, and Victorian former village shop. There is a large downstairs dining/lounge area where breakfast will be provided for residents, and an area for relaxation, and afternoon refreshments for all yogis. The Old Shop provides accommodation for up to 12 people see below, all rates include 3 nights bed and breakfast, Friday evening meal, and exclusive use of the cosy upstairs lounge, with woodburner for residents.

(For more information visit: <http://www.sykescottages.co.uk/cottage/Peak-District-Peak-District-Derbyshire-Dales-Parwich/The-Old-Shop-935921.html>)

Use of showering facilities for non-residents are also available for a small charge

Camping

Rivendale Camping is in an old limestone quarry, 10 mins drive away (or 45 minutes' walk down into Parwich over open fields). There are a variety of options with pods, yurts, and camping with views of the countryside beyond. Rivendale has excellent facilities, including café, and good shower facilities

Village campsite

Camping is also available in the village, at At Foufinside Farm, Parwich, DE6 1QF Tel: 01335 390228. This is a level field, accredited by the Camping and Caravanning Club; facilities are limited to one toilet, a sink, a standpipe in the field, but no shower. There are hook-ups available. We don't recommend this option unless using a camper van, or very used to basic camping.

Price from £195 – £365 (Yoga +Lunches, Camping, The Old Shop

*DEPOSIT: £100.00 secures a place.

BOOKING FORM – Parwich April 29th – May 1st 2018

I would like to book spaces

Name/s.

Address

Tel and email

*I enclose the deposit of £ 100. Or full payment ofPlease circle below:

Deposit not refundable – Travel Insurance recommended.

£195 Yoga 11–12 hours total starts Saturday morning. 5 classes and 3x Lunches, access to The Old shop for sat and Sunday afternoons relaxation, tea and cake

Residential at The Old Shop: Includes: all yoga, 3 lunches, tea & cake, friday evening meal, 3 nights bed and breakfast. *(Note: Sat & Sun evening meal is not included. Rates below

- £315 Triple room non-ensuite with shared bathroom per person.....
- £335 Twin Room Non-Ensuite with shared bathroom per person.....
- £315 Twin Non-ensuite double bedroom with shared bathroom per person...
or
- £360 above room as single occupancy = (£15 single room supplement per night)
- £340 Twin Ensuite Double Bed Room per person.....
- £365 Twin ensuite double bed or twin bed room per person.....

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
Deposit not refundable – Travel Insurance recommended.