

Following on from the September retreat, The House at Temple Sowerby is delighted to announce that they are once again joined with Jayne Gregory of YoYouga and Lisa Berry to bring you a weekend of yoga, meditation, relaxation, and good food in a stunning, luxurious hotel in the Eden Valley of the Lake District.

It's all about you! After a challenging year for many people, getting away in this country has never been more appealing. What better time to indulge and nurture yourself with our New Year, New Start, Yoga, Mindfulness and Manifestation Retreat.

Say goodbye to 2020 and set your intentions for 2021. This Retreat is warm, friendly, caters to people travelling by themselves as well as friends and couples alike. With good wholesome food, beautiful location, roaring log fire, this is the perfect place to say goodbye to the old and welcome in the new.

### **Highlights**

- Variety of yoga techniques throughout the weekend
- Exclusive use of hotel and 2 acres of the walled garden
- Heated floor in a yoga studio with full-length windows overlooking the walled garden
- Breakfast, lunch, and dinner with refreshments available throughout the day
- Some rooms have Jacuzzi baths or hydro-therapy showers
- 3 nights accommodation

## Instructors



### **Jayne Gregory**

Jayne is a 450-hour fully qualified RYT yoga instructor, trained in a number of several yoga practices from the more energetic Vinyasa flow to the gentle restorative Yin Yoga, with Tantra, a more in-depth personal practice allowing you to really concentrate on connecting with your true authenticity, sitting in between the two. She had the good fortune to train in India, learning yoga philosophy from an experienced guru, and practicing with some amazing yogis. Yoga isn't just a set of exercises to gentle music, it's an holistic practice with many healing qualities.



### **Lisa Berry**

Lisa Berry has been on a remarkable 15-year healing and transformational journey that has seen her change every aspect of her life, from one of a corporate professional enjoying material wealth to a holistic practitioner enjoying riches of a different kind, full of purpose, fulfilment and enjoying optimal health and wellbeing.

4 days / 3 nights from £595.00 per person, single occupancy. Discounts available for double occupancy.