

More than ever, yoga is proving beneficial for both the mind and body during these difficult times. Maybe you've experimented with some classes during lock-down or decided that now is the time for you to prioritize your health and well-being.

The House at Temple Sowerby is delighted to announce that they have joined with Jayne Gregory of YoYoga 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.

Here's your opportunity to receive an introduction to different yoga styles from the comfort of a boutique hotel, introduction to The Emotion Code and Energy Healing at no extra charge with Lisa Berry, foraging with their chef, award-winning cuisine and stay in en-suite rooms with single occupancy.

### **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
- 2 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.

3 days / 2 nights from £446.00 per person, single occupancy. Discounts available for double occupancy.