

# AUTUMN YOGA WEEKEND AT LOUDWATER FARM

15th - 17th November 2019

Every season has its own special qualities. The push to emerge and grow in Spring, the expansive fullness of Summer, the beauty of deep letting go in Autumn and the silent stillness of Winter

When Autumn qualities and weather changes become part of your daily reality, it is helpful to embrace yoga practices that complement those seasonal changes. These include grounding and warming flow sequences of Hatha Yoga as well as deeply restorative practice of Yin yoga to move your focus inwards (pratyahara) to guide your energy (prana) deep into your body. Autumn is associated with physical, emotional, and spiritual transformation and is a time for letting go and releasing the things, patterns and beliefs that are not serving you anymore.

Looking forward to sharing this journey  
with you!

Debbie & Halina



**Where:** Loudwater farm, Loudwater Ln, Rickmansworth WD34HG. The Farm lies in the beautiful valley of the River Chess, just 30 minutes from London:  
[www.loudwaterfarm.com](http://www.loudwaterfarm.com)

**When:** Friday 15th Nov 5pm - Sunday 17th Nov 5pm

**Cost:** £285 (yoga + vegetarian meals).

Places are limited to 14 participants.

Reserve your place with £85 deposit.

Accommodation: £35 per person per night for shared room (paid on the day)

**Booking:** <https://bookwhen.com/yogaretreats>

## Teachers:

**Debbie Thomas:** [www.omkariyoga.com](http://www.omkariyoga.com)

Debbie has been practicing and teaching for over 10 years. Following her first training in Hatha Yoga she established and directs Omkari Yoga. Debbie's leads classes, workshops and retreats in the UK and overseas. Her classes are designed to find the balance between tranquility and energy. Her aim is to empower participants, challenging them to extend themselves on all levels, allowing a deeper connection to the transformative power of Yoga through pranayama, asana practice and meditation. She has continued training in Soma Yoga and Yin.

**Halina Rozensztrauch:** [www.yogatree.org.uk](http://www.yogatree.org.uk)

Senior yoga teacher (SYT Alliance) of Hatha and Yin yoga style, practicing and teaching for over 10 years as well as massage therapist (Thai Yoga Massage and Myofascial Release work) and BFA accredited Focusing practitioner and trainer (Psychology degree). She teaches weekly Yoga classes, monthly Yin and Restorative Yoga workshops and seasonal Yoga weekends at Loudwater Farm in Rickmansworth (near London) and yearly Yoga Retreats in Greece and Spain