



# SPRING YOGA WEEKEND

## AT LOUDWATER FARM

30-31 May 2020

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

Spring is the time of emergence, expansion, outward expression and new growth. After the Winter season, the energy of the body wants to spring and grow outwards and draw upon the stored energy of Winter.

*When Spring comes grass grows by itself - Zenrin poem*

Through the yoga, breathwork and meditation practice with Halina, together with the Alexander technique sessions with Julia and the voice and sound work with Mike we will be waking our core and call our body to unfold from the centre, expanding our sense of freedom and inspiring new directions and expression to our life movements. And...if the weather allows, we will move the practice outdoors to the garden!

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



**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:**

Sat 30th May 9:30am - 9:30pm

Sun 31st May 9:30am - 5:00pm

**Cost** (yoga and 3 vegetarian meals):

£240 early bird (booked before 31.03.2020)

£260 (booked after 31.03.2020)

Accommodation: £35 per person per night

**Booking:**

<https://bookwhen.com/yogaretreats>

Reserve your place with £60 deposit

Places are limited to 14 participants.

**Teachers:**

**Halina Rozensztrauch:** Senior Yoga teacher (SYT Alliance), practicing and teaching Hatha and Yin Yoga style for over 15 years, Massage practitioner (Thai Yoga Massage and Myofascial Release work) and BFA accredited Focusing practitioner and trainer (Psychology degree): [www.yogatree.org.uk](http://www.yogatree.org.uk)

**Julia Brammer:** Alexander Technique teacher (STAT Certified) and Massage practitioner. She offers individual sessions and group workshops in the Chesham area. More about Julia's work here: [www.juliabrammer.co.uk](http://www.juliabrammer.co.uk)

**Mike Robeson:** language, song and voice teacher. He's started the Harmonies of the Heart community singing project at Loudwater Farm and Crouch End, London. Also Natural Voice Network and Companion Voices member. More about Mike's work here: [www.harmoniesoftheheart.org.uk](http://www.harmoniesoftheheart.org.uk)