



1 Day Yoga Immersion at Loudwater Farm

It is through our body that we exist here and through our body that we sense ourselves and the world around us. Through our body, we experience what expansion and growth are and through this same body, we experience limits and finiteness. It is through our lived body that we sense what deeply matters, we experience connection, sense of flow or glimpses of wholeness. Embodiment is not just listening to the body but listening through the body. It's an invitation to become permeable to the aliveness of the world around us, and to feel how that aliveness holds our aliveness.

You are invited to deepen and enjoy that experience through a full day of various Yoga practices (Hatha, Yin and Restorative Yoga), Tension Release Exercises (TRE) and Self Massage practices and more. Welcome to the whole body immersion day here at Loudwater Farm, a delightful 18th Century Farmhouse venue situated in nearly four acres of leafy grounds bordered on three sides by the tranquil River Chess

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 (5 mins taxi ride from Rickmansworth Tube station): www.loudwaterfarm.com

When: Saturday 9:30am - 6pm

10th Sept 2022: Growing roots: Feet & Pelvis
22nd Oct 2022: Unfolding: Spine & Core
19th Nov 2022: Freeing: Breath & Upper body

Timetable:

9:30am - 1pm: Morning sessions
Hatha Yoga & Breath Work ~ TRE

1pm - 2:30pm: Lunch
and time for a walk or rest in the garden

2:30pm - 6pm: Afternoon sessions
Self massage ~ Yin Yoga ~ Meditation

Cost: £125 each or £95 if booked as a block of three (simple vegetarian lunch included)

You are welcome to extend your time by joining the Friday evening Restorative workshop (7pm - 9:30pm) and stay overnight at Farms B&B. For those in need of accommodation there are 3-4 rooms available at the farm (£40 per person per night). Please inquire before booking

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

Teacher: 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), BFA accredited Focusing practitioner and trainer, TRE practitioner)