

# Weekend Yoga Retreat AT LOUDWATER FARM

## Whole Body Immersion Weekend

Hatha, Yin & Restorative Yoga  
Tension Release Exercises (TRE)  
Self massage practice  
Breath work, Voice work & Meditation

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 though the weekend 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 weekend 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](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 (5 mins taxi ride from Rickmansworth Tube station): [www.loudwaterfarm.com](http://www.loudwaterfarm.com)

## **When**

Saturday 9:30am - 8:30pm  
Sunday 9:30am - 5pm

## **Timetable**

Morning sessions 9:30am -12:30pm

Hatha Yoga ~ Breath work ~ TRE

Lunch and time for a walk/rest in the garden

Afternoon sessions 2:30pm - 5:30pm

Self massage ~ Yin Yoga ~ Meditation

Dinner (Saturday only)

Evening sessions (Saturday only) 7pm - 8:30pm

Restorative Yoga or Voice, sound and song time around the fire

**Cost:** £285

(2 vegetarian lunches & Saturday dinner included)

For those in need for accommodation there are 2-3 rooms available at the farm £35 per person per night or camping spaces at the Loudwater Farm garden

## **A tree per ticket**

For each person joining the workshop we will donate to the Tree Sisters charity to plant a tree.

## **Booking**

<https://bookwhen.com/yogaretreats>

Places are limited to 10 participants (10 Trees)

## **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

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