

Yoga for Health Education Trust Website:

<https://yoga-health-education-trust.org.uk>

Weekend of Yoga at Highgate House

Northampton, NN6 8NN United Kingdom

<http://www.sundialgroup.com/venues-hotels/highgate-house/guest-information>

Join us in spring 2019 for an Inspiring and Relaxing weekend of yoga in a luxury hotel with wonderful food. Our theme for this weekend is 'Exploring the Elements through the Senses'. During the weekend we will work to deepen our understanding of them, and awaken our connection to our elemental nature

Enjoy a weekend of relaxing yoga in a luxurious setting as we return to this exceptional venue. This event represents outstanding value featuring, as always, a choice of general and gentle/remedial yoga options and the chance to work with a variety of experienced tutors.

We are delighted that Gill and Phil Ansty will be joining us on the Saturday to share some of their work and the theme for this weekend will be "Exploring the Elements through the Senses".

We view the world through the senses, we use them to experience and to interact with life, the sense of touch, taste, smelling, seeing and hearing. But what elements are their origin and how can we explore the senses and connect to the elements from which the senses come?

During the weekend we will work to deepen our understanding of them, and awaken our connection to our elemental nature.

Cost includes 2 nights' accommodation, all meals from dinner on Friday until lunch on Sunday and all yoga sessions by highly regarded tutors.

The full programme will be sent to attendees prior to the event.

If you have not joined us at Highgate House before visit their website

<http://www.sundialgroup.com/venues-hotels/highgate-house/guest-information>

For further information or a booking form please email alisonfrancis@ymail.com or admin@yoga-health-education.org.uk

There will be a yoga stretch session from 5-6pm on Friday for those interested.

Please bring your own YOGA MAT and any blocks or belts that you use.

When

5th April, 2019 2:00 PM through 7th April, 2019 2:00 PM

Event Fee(s)

Early bird single room	£250.00
Early bird sharing room	£215.00