



Solstice Fire Yoga Retreat Weekend 24-26th June 2016 Coniston, Lake District With Emma Fotherby Infinite Energy & Yoga



I warmly invite you to a wonderful weekend of Inner Fire Retreat this Summer from Friday the 24th to Sunday the 26th of June 2016, in the beautiful retreat hideaway of Rookhow centre, between Lake Windermere and Coniston in the Lake District, surrounded by 12 acres of mature mixed woodland, within walking distance to Grizedale Forest.

This will be for 14 people maximum and suitable for all levels of yoga, as we will be working on many different levels throughout, with deep self-inquiry, asana, empowering vinyasa, restorative yin, pranayama breathing, mantra, mudra and sweet meditations.

6 sessions of Yoga, Pranayama & Meditation, Yoga outside in the beautiful woods and surroundings grounds also we have a wonderful large hall with log burning stove to create even more heat if we need it! Incense, crystal singing bowls & lots of other interesting creative Yoga sound and healing items. These will be starting Friday evening with a Heart Hatha Flow, Saturday morning Sun Salutations & Elemental Vinyasa, after breakfast Sun Power Yoga outside in the woods, then a chance to go walking in the wonderful surrounding woodland and lakeland or take rest. Saturday evening Solstice Yoga & Fire ceremony, and an option for Yoga Nidra before bed on both nights. Sunday morning Awakening Sun Sequence before breakfast and Deep Earth Connection Circle after, hopefully outside in the sun as much as possible.

Delicious nourishing healthy vegetarian and vegan food included from Friday evening to Sunday breakfast (5 meals) with recharging breakfasts, hearty soups & stews, Indian night and including fresh juices, teas, treats and snacks, gluten free also available.

In the historic beautiful barn there are three comfortable dorm style bedrooms each with a mixture of single and bunk beds in each room, this is why the price is so low. Sleeping peacefully after deeply nourishing evenings. Please bring your own duvets, pillows and towels (sheets are provided). Our aim is to not fill each room (these can sleep 17) so with 14 there will be one bed spare per room for space and if you are a couple or friends please let me know on booking so we can place you together.

Arrive Friday evening from 4pm onwards, Yoga will begin 6.30pm and dinner from 8pm, from then on all will flow with the rhythm of nature. Sunday we will aim to have a closing circle at 12pm as you might like to explore the Lakes further for lunch and walks.

This weekend is all for you to shine & align! Up your practice and your life by adding the healing benefits and sheer pleasure of coming into your power, knowing, embodying the essence, flavors of life, known as Rasa, which are crucial to our overall health and wellbeing to empower your life, autumn and winter to shine to all.

I look forward to the joyous wonders that we will all bring in union for this weekend.

Calculated it to be a very affordable price of £160 pp all inclusive.

Please pay £40 deposit on booking and the remaining £120 by the 1st of June.

Text / call Emma 07771553733 or email infiniteenergyyoga@icloud.com

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