



[Summer Solstice Yoga Retreat - at Barmoor Country House, Hutton-le-Hole, North Yorkshire Moors National Park](#) [16th-18th June 2017](#)

This is going to be such a magical Summer Retreat weekend. Fully immerse your vitality with Yoga & Outdoor Yoga surrounded with the stunning countryside, nature mandala.

This will be for a small group of 16 yogi's, suitable for all levels of yoga, empowering vinyasa flow, partner yoga, yin, pranayama, mantra, meditation and evening yoga nidra.

7 sessions of Yoga and Delicious healthy Vegan food included from Friday evening to Sunday breakfast (5 meals) with lots of fresh juices, teas, treats and snacks, gluten free also available. With a time on Saturday afternoon for relaxing, a walk, run or wild swim.

In this beautiful Victorian country house, steeped in history: there are 4 twin bedrooms, 3 triple, 1 four bed and 1 six bed. All bedrooms are very sweet and comfortable. As we will only be 16 we can choose to just have two per room (single room might be available also at a supplement of £40). Please bring duvets, pillow (or sleeping bag) and towels.

Arrival Friday evening, you are most welcome to arrive from 4pm please be with us by 5.30pm. Retreat starts at 6pm and dinner at 8.15pm. Finishes Sunday 12.30pm.

Calculated it to be a very affordable price of £170 pp all inclusive.

Please pay £70 non refundable deposit on booking and the remaining £100 by the 1st of May 2017. If price is too high for your circumstances a discount will be considered.

Photos and reviews of the previous past three retreats that I have held over the last two years can be found on facebook page Infinite Energy Yoga.

Namaste,

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"Healthy plants and trees yield abundant flowers and fruits. Similarly, from a healthy person, smiles and happiness shine forth like the rays of the sun." ~ B.K. S Iyengar