

YOGA RETREAT AND
AYURVEDIC COOKING
WORKSHOP AT
**MANOR COUNTRY
HOUSE HOTEL, OXFORDSHIRE**
4TH - 9TH MARCH 2018



yogarosa
retreat/ibiza



Rosa Klein and highly skilled ayurvedic food expert **Claudia Gonzalez** are offering 5 days of therapeutic Yoga, Pranayama, Sound Healing, Meditation and a well balanced vegan-vegetarian ayurvedic diet with inspiring cooking workshops. Rosa gently guides us to deepen our own practice and gives enlightening insight into the inner mechanisms of our bodies which are growing in awareness. The uplifting flow of the Asanas that we practice prevents disease, by exercising and strengthening our internal organs.



Rosa's Therapeutic Yoga is for everyone and a particular effective practice for those recovering from, or living with, injury or illness. Together with Claudia from Chile and **John Thorn** a Massage therapist/healer from Brighton, they are concentrating on regeneration, empowerment, regaining strength and raising energy levels. As well as learning how to cook nourishing vibrant plant based meals at home.

“Being at one with who you are brings freedom to create a more beautiful and powerful version of who you want to be”

- John Thorn

John works through Empowerment Healing which uses healing energy and techniques to release negative and limiting beliefs in the body and mind.

A retreat day would include:
90 minute morning yoga class with Rosa.
Vegetarian/vegan brunch.
1 vibrational healing treatment /Massage with John Thorn (included).
2 x 90 minute Ayurveda cooking workshops, with Claudia, including recipes and cooking lectures.
60 minutes Evening Pranayama meditation and sound healing.
3 Course plant based ayurvedic dinner.
Evening lectures, yoga philosophy, movies.

Prices for the Yoga & Ayurveda holistic retreats start from £ 1600 for 5 nights. For booking and inquiries contact Carolyn at Reiko PR +44 (0) 7973 600 875 or email carolyn@reikopr.org.uk or Lucy Couling at The Manor Weston on +44 (0) 1869 350 621 or email lucycouling@gmail.com.