



## Lindisfarne Retreat 21st - 23rd October 2022



'As soon as you cross the causeway and reach Lindisfarne you know it's the beginning of a restorative weekend of uplifting yoga, delicious food and really enjoyable company. Highly recommended.' Barbara

*Hi everyone,*

*I am excited to be sending this email with news of a Lindisfarne Retreat this October. The weekend will be a little different to our past retreats as I tweak some of the timings and sessions but there are lots of the familiar elements.*

*I do hope you can join us it will be so lovely to get back on the island.*

Liz

### ***What to expect from your weekend***

I have been running these weekends for 5 years and they include a variety of yoga sessions, tasty food, and time to socialise with all the other lovely yogis that come along. Lisa will be alongside helping again, and I am hoping Louise can join us for a least one day to teach alongside me. We all work together before and throughout the retreat to ensure you get the most out your weekend. We now run the weekend using The Crossman Hall as our base, this means you have the flexibility to book your own accommodation if you prefer and also have the option of joining us for just a day if you cannot make the whole weekend.



### *The Retreat*

We are based at The Crossman Hall on the island, a beautiful hall which has a lovely spacious room for the yoga and seated areas to relax in. The full weekend includes:

- Five yoga sessions
- A dhal/curry supper after Fridays practice at The Crossman Hall
- Yoga Breakfast on the Saturday
- Time to relax and chat with tea/coffee and cakes on each day
- Time for you to speak to me personally if you wish to about your practice.
- A retreat goody bag.

### **Retreat Itinerary**

A provisional itinerary of what to expect on each day is detailed below, this year I have tweaked the times and changed the yoga breakfast to Saturday to allow us a later start on the Sunday morning. The times and sessions may vary slightly, and the workshop content will be decided nearer the time. We would recommend that to get the best out of this weekend you have some previous yoga experience



## PROVISIONAL ITINERARY

### Friday

4.15-5pm

Welcome Tea/Coffee & Cakes

6-7.30pm

Friday Chillout - including Pranayama and Yoga Nidra

8pm

Dhal/Curry Supper

### Saturday

#### *Morning Session*

8.30am

Meditation

9-11am

Chandra (Moon) Sequence

11.30am

Yoga Breakfast

#### *Afternoon Session*

2.30-4.30pm

Yoga off the mat/Workshop

4.45pm

Tea/Coffee & Cakes

### Sunday

#### *Morning Session*

10.30-11.30am

Posture/Personal Practice Clinic

11.30-1.15pm

Meditation leading into an Ashtanga Style Practice

1.30pm

Post practice snack & cuppa

2pm

Mindful half hour

#### *Afternoon Session*

3.15 – 4.30pm

Restorative practice – including Pranayama & Nidra

4.45pm

Tea/Coffee, Cakes, and farewells



### Yoga & Accommodation Package

I have a block booking at The Lindisfarne Hotel for 10-12 people on the Friday & Saturday night on a B & B basis, Lisa and I will also be staying there.

Prices for the retreat package including accommodation are:

Shared Twin            £290pp - 2 rooms available  
Shared Triple            £260pp - 1 room available  
Shared Super King    £275pp - 1 room available  
Shared King-size      £250pp - 1 room available

(Or for single occupancy    £390pp)

Please state when booking your room preference and who you will be sharing with.



### Retreat only options

We realise some students may prefer to book their own accommodation or just come for a day so this year we are pleased to offer you the opportunity to book without accommodation.

Full	weekend	£135
Saturday	& Sunday	£115
Saturday	only	£70
Sunday	only	£50

There are a couple of other hotel/guest houses on the island itself such as The Ship Inn, The Manor House, Crown & Anchor and Belvue Guest House and also several self-catering cottages <https://lindisfarneaccommodation.com/>

There is also The Lindisfarne Inn and camping/campervan facilities at The Barn at Beal both just over the causeway on the mainland.

We have not stayed in any of these ourselves so cannot recommend any specifically.

### Getting There

Don't forget, part of Lindisfarne's beauty is that it is cut off at high tide. Please make sure that you can arrive and leave at the safe crossing times, which for the dates of our retreat are shown below. The weekend we have picked has good access times for those not staying on the island to be able to get across each morning.

<b>Date</b>	<b>Safe</b>	<b>Unsafe</b>	<b>Safe</b>	<b>Unsafe</b>
<a href="#">Friday 21st Oct</a>	02:25 until 11:15	11:15 until 15:20	15:20 until 23:25	23:25 until 03:55 (Sat)
Saturday 22nd Oct	03:55 until 11:50	11:50 until 16:35	16:35 until 00:00 (Sun)	00:00 (Sun) until 05:05 (Sun)
Sunday 23rd October	05:05 until 12:15	12:15 until 17:40	17:40 until 00:25 (Mon)	00:25 (Mon) until 06:05 (Mon)



## Booking

To check availability and reserve a place, please email [liz@lizyoga.co.uk](mailto:liz@lizyoga.co.uk) stating the following:

- the package you would like to book
- if you are booking with accommodation, your preferred room choice and if sharing the name of the yogi you are sharing with

I will confirm you place as soon as possible at which time your deposit is due to secure your space. A non-refundable deposit of £75 is required immediately for Yoga & Accommodation spaces and a further

payment of £100 is due by 31st July 2022. The final balance is due by 20th September 2022. For Retreat only options a non-refundable deposit of £30 for the weekend and two-day option and £15 for the day options is required on booking and the balance is due by the 20th of September 2022. Spaces are limited, so please book early to reserve your place.

### **Cancellation Policy**

All deposits are non-refundable, cancellation more than 6 weeks prior to the retreat will be refunded at 50%. In the event of cancellations after this time we will try to re-sell your space at a reduced rate to get some refund for you, but this is not guaranteed.

