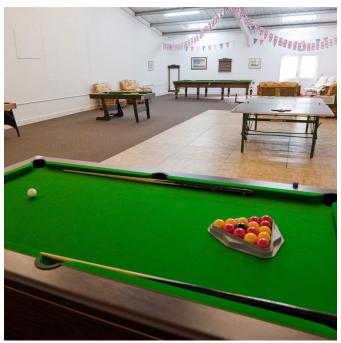
Firefly Yoga Retreat at Eaton Manor 27th-29th March











Key Information	
When	4pm Friday 27 th March – 12pm Sunday 29 th March
	Eaton Manor - https://www.eatonmanor.co.uk/
Where	Eaton Manor Country Estate Eaton-under-Haywood Church Stretton Shropshire SY6 7DH
Price	£270 Includes accommodation, yoga and meals as follows: Friday – Dinner Saturday – Breakfast, Lunch & Dinner Sunday – Brunch
Payment	A £50 deposit is required by Friday 7th February to secure your place. Full payment of the balance (£220) is required by Friday 21st February. Unfortunately, due to the way Eaton Manor takes payments no part payment options are available. Please note all payments are non-refundable.
Accommodation	Standard accommodation is 2 people sharing a twin room or super king room. There is also 1 single room available.
Further Details	There are 29 spaces available on the retreat. We will be split over 3 properties - The Manor House, Pendennis & The Great Western. You can see the location of the properties on the map. We will all be eating together (excluding breakfast) in the Banqueting Hall.
Yoga	There will be enough spaces for everyone on the retreat to attend every class. However, you are welcome to attend as few or as many classes as you would like.
What to bring	I will be bringing the yoga equipment from the studio. You may wish to bring: water bottle, blanket & pillow (for yoga/meditation), outdoor shoes, swimwear, alcohol, snacks.
Additional activities	In the Eaton Manor Facilities section there is information on activities that are available for an additional cost. Some of these require a group of people. I will be setting up a Facebook group for people to form groups if you wish to do these activities.
Travel	You will be responsible for masking your own way to the venue. The nearest train station is Church Stretton which is a 10-minute taxi ride from the retreat venue. You can also arrange lift shares via the Facebook group - https://www.facebook.com/groups/2119168998119342/
Booking	To book your space please fill in the booking form & pay your £50 deposit. Payments must be made by cash or card at the studio or via PayPal.

Eaton Manor Facilities

Included in the price:

- En-suite accommodation
- Games hall
- Pool
- Snooker
- Air hockey
- Table tennis
- Table football
- Boardgames
- Complimentary Wi-Fi
- Croquet lawn
- 500 acers of ground
- Self-guided walks

Available at an additional cost:

- Archery (min 8 people, £20 per person)
- Bike hire (£17 half day, £22 full day)
- Guided walks (£45 for 1 hour group price)
- Massages (£45 for a 1 hour treatment)

To book one of the above amenities simply contact Eaton Manor – quoting booking ref 316461, booking name Sophie Davies and book your desired amenity at your preferred time. NOTE: This will need to be done after 7th February.

Itinerary (Provisional)

Friday

4pm – Arrive, explore, relax
7pm – Dinner
8:30pm-9:30pm –Yoga for Better Sleep
9:30pm onwards – Free time

Saturday

8-9am—Awakening Vinyasa Flow Yoga
9:30am – Breakfast

10:30-11:30am – Yoga for Better Posture

12-1pm – Yoga Block Flow

1:30pm – Lunch

2:30-3:30pm—Active Meditation

3:30pm onwards—Free time

7pm – Dinner

8:30pm onwards – Free time

Sunday

8:30-9:30am—Pranayama Workshop
10am—Brunch
11:30am – Goodbyes
12pm – Home time

Class Style

Please Note: These are very basic outlines of the class styles. They will be fleshed out in the coming weeks and more detailed descriptions will be sent out once they are available.

Yoga for Better Sleep

A combination of Hatha, Yin & Meditation designed to relax body and mind and induce better sleep.

Awakening Vinyasa Flow

Start the morning with an awakening and invigorating vinyasa flow class.

Yoga for Better Posture

A Hatha style class focusing on back, shoulders and core to work on improving and maintaining better posture.

Yoga Block Flow

A Vinyasa Flow class incorporating a yoga block. You will hold onto and pass the block from hand to hand throughout the class. See how this light prop can make all the different to a standard vinyasa class.

Active Meditation

For those who struggle to sit still and meditate join us for some active meditation.

Pranayama Workshop

Discover more and delve deeper into the art of yogic breathing with this pranayama workshop.



Vegetarian Weekend Catering for 2020

£75.00 per person, based on minimum of 14 people

Vegan option available but must be requested in advance

Friday - Evening meal (overseen)

- Vegetable Tagine or Roasted Mediterranean Butternut Squash
 - o Accompanied by cous cous, rice or alternative side
- Pudding Crème Brûlée

Saturday - Continental breakfast (dropped off on Friday night so you can breakfast at leisure)

- Selection of fruit juices
- Bread accompanied by various jams & marmalades
- Selection of fresh fruit, croissants, & cereals, Yogurt
- Coffee or traditional English tea

Saturday - Lunch (dropped off at agreed time)

- · Selection of vegetarian sandwiches and wraps
- Humus and Celery Pitta Breads
- Vegetarian mini Rolls
- Pimento and Goats Cheese Filo's
- Vegetable Spring Rolls
- Feta, Olive and Sun Blush Scones
- Pudding Fresh Fruit Bowl

Saturday - Evening meal (overseen)

- Mediterranean Stuffed Peppers or Butternut Squash Risotto
 - Accompanied by new potatoes and seasonal vegetables
- Pudding Chocolate Brownie

Sunday - Brunch (overseen)

- Selection of fruit juices
- Toast accompanied by various jams & marmalades
- Selection of fresh fruit, croissants, & cereals
- Full hearty English cooked breakfast including:
 - Vegetarian Sausage, hash browns, mushrooms, fried tomatoes, fried egg, baked beans
- Choice of coffee or traditional English tea

Vegan option available but must be requested in advance





















Eaton Manor Country Estate Eaton-under-Heywood Church Stretton Shropshire SY6 7DH join us on Facebook eatonmanorshropshire follow us on Twitter @eatonmanor