



Inner Light Yoga & Health Co

YES

Yoga - Empowerment - Spirituality

Finding Peace, Power and Purpose

Friday 11 March - Sunday 13 March 2016

Oxon Hoath Retreat Centre, Hadlow, Kent TN11 9SS



Join me for a relaxing, inspirational & transformative weekend
at the beautiful Oxon Hoath Retreat Centre in Kent.

This weekend is about finding your inner power and connect with the 'real' you! Far too often we are chasing something 'on the outside' when it has been within us all along. We get 'side tracked' by stress, commitments, a busy mind, and life events. With a whole weekend, just for you, there is plenty of time to re-connect with the deeper aspect of yourself and thereby regaining balance and inner peace.

During the weekend we will be looking at:

- Living from the Heart – what it means and how you can do that
- Moving from 'victimhood' to 'empowerment'
- Understanding and following your Intuition.
- The **real** Law of Attraction.
- Becoming aware of and understanding your Thoughts, Feelings and Beliefs.
- The impact of your Subconscious Mind.
- Creating a Spiritual Practice that works for you.
- Meditation techniques.



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What this Weekend includes:

- Five Yoga Sessions, including Yoga Postures, Specific Exercises to Release Muscular Tension, Breathing, Meditation and Visualisation.
- Deep Relaxation
- Workshops on Spiritual and Personal Development (see above).
- Small group in a friendly and supportive atmosphere.
- Magnificent venue and surroundings with many good walks only 45 min from London
- Cosy evenings in front of the fire.
- Price includes shared accommodation Fri and Sat night, all meals (delicious, vegetarian and organic when possible) and all talks/classes/workshops.

VENUE

This gorgeous, peaceful Georgian Manor Estate surrounded by beautiful countryside (73 acres) with long stunning walks, offers lovely vegetarian meals and plenty of space, allowing you to get away from everything and dive deeper into your yoga practice and connect with yourself and likeminded people. The place has a wonderful eclectic, bohemian feel to it with huge fireplaces and a wonderful library, gorgeous, large, quirky, stylish bedrooms to share or smaller single rooms upon request and a very large practice room with a beautiful view onto the estate's garden.



ACCOMMODATION



There is a variety of smaller and larger twins and singles, both en-suite and shared bathrooms. Rooms are allocated on a first come first served basis...so early bookers get the better rooms.

Single room supplement is £50 per person (for two nights).

The Cost for this Weekend is £379 per person. Single Room supplement is £50.

A deposit of £125 secures your place (non-returnable). Full payment is due 11 February 2016 the latest.

Please use the Booking Form to book your place.

Payment and cancellation policy

A deposit of £125 secures your place (non-returnable). A full refund will be given if cancellation is made at least 6 weeks prior to the retreat. There are no refund after this date, regardless of reason for cancelling. Payment can be made by bank transfer, we will send the details to you on request. Any charges incurred by international transfers are to be covered by the payee.

Oxon Hoath Retreat Centre is situated in Kent (close to Hadlow) and easily accessible from the M25/M20. The nearest train stations are Tonbridge and Hildenborough and it takes 45 min from London. Taxi from the train station to Oxon Hoath is approx. £10-£12.



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TUTOR

Rose-Marie Sorokin, B.A., Dip BWY. Rose-Marie has worked in the body-mind area for 30 years. She is a British Wheel of Yoga qualified teacher, a qualified Pilates Teacher and Meditation Teacher (*post graduate British Wheel of Yoga Meditation & Personal Development training with Maarten Vermaase*), a Spiritual Coach (*trained with Nick Williams and Sarah Alexander, London*), Astrologer, Healer (NFSH) and You Can Heal Your Life© Cert. Facilitator (based on Louise Hay's work) and works internationally.



Rose-Marie has, for a very long time, been fascinated by how our thoughts, feelings and the subconscious mind affect our life and believes passionately in our capacity to heal and turn around any situation to create inner peace and a fulfilling life. Rose-Marie has studied personal and spiritual development and related subjects for many years and is particularly inspired by Eckhart Tolle, Dr Wayne Dyer, Louise Hay, Nick Williams, Adyashanti, Gangaji, Michael Beckwith, Teal Swan, Gregg Braden, Rupert Spira, Robert Holden, The Dalai Lama, Godfrey Devereux, David Wolfe and many other teachers within the area of spirituality and Advaita Vedanta (non-dualism).

Rose-Marie's Yoga classes are an inspirational blend of different styles with an emphasis on a flowing style of yoga – sequences of postures – suitable for both beginners and intermediate students. Classes also include specific exercises, designed by Rose-Marie (from her holistic back care method The Sorokin Method) for releasing tension, stiffness and tightness in the muscles as this is hugely important for improving our wellbeing. She sees Yoga as invaluable when it comes to connecting to our Inner or Sacred Self, which is the true 'goal' of Yoga.

Yoga is a fantastic tool for creating balance on all levels - physically, mentally, emotionally and spiritually. It allows us to get in touch with our own body and to gently work on blockages that are present there. Any pain, stiffness or discomfort in the body is a reflection of our thoughts and emotions. Through yoga postures, breathing, meditation and deep relaxation much of this can be improved or even resolved. Yoga also improves the flow of energy ('prana' in Sanskrit) which puts us in touch with Who We Really Are or our Sacred Self. Through Yoga we can access our Intuition which guides us to what we need to do in order to create the life we want. In the West we rarely work with this deeper aspect of Yoga, but it is there waiting for us to tap into. No previous Yoga experience is required.

Did you know?

It does not matter who you are or what you do, **everyone deserves to be happy.** Whether you are a single mother, run a business or are retired, everyone is entitled to be happy, have inner peace and experience personal fulfillment.

Happiness does not come from the outside, but from the inside. It is not about 'luck' or having the right car or relationship, but about realizing that you create your own happiness and that you are in charge of your own life. Once you have done some **inner** work, most things fall into place on the outside; relationships become better, health improves, job/career become more fulfilling, finances improve, you have a stronger sense of inner peace etc.

Did you know that there is a single ingredient that separates people who are happy from people who are not? That component is how you harness your **personal power**. You do not need to acquire this power, you already have it! Rose-Marie's mission is to help as many people as possible unleash this power and use it to its full potential to create a life of peace, abundance and happiness.



Some of the previous groups! ☺



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Itinerary (draft):

Friday 11 March 2016

Arrival after 4.30pm

5.30pm-6.45pm – Yoga, Meditation & Relaxation

7.30pm – Dinner

8.30pm – 9.15pm - Introduction & Short Talk

Saturday 12 March 2016

8.00 Meditation

8.30am-9.15am Breakfast

09.30am - 11.00 Talk/Workshop

11.00pm-12.30pm Yoga, Meditation & Relaxation

1.00pm Lunch

4.30pm – 5.30pm – Talk/Workshop

5.30pm-6.45pm – Yoga, Meditation & Relaxation

7pm – Dinner

Free evening (by the fire?)

Sunday 13 March 2016

8.00 Meditation

8.30am-9.15am Breakfast

9.30am – 11.00 Talk/Workshop

11.15am-12.30am – Yoga

1.00pm Lunch

2.00pm – 3.00pm – Meditation & Deep Relaxation

3.00pm-3.30pm – Goodbye

What people have said about previous retreats:

“Dear Rose Marie, Thank you for a lovely weekend, I really enjoyed the yoga especially the relaxation and meditation. I still feel like I am floating. I thought the mix of workshops, free time and gentle exercise was great. The workshops were very thought provoking and they have given me some good, simple and practical ideas for a spiritual practice that will be easy to fit into my life and the introduction to the “law of attraction” has already paid dividends! Oxon Hoath was a fabulous venue and warm (v important to me) that created a cosy nurturing feel for the weekend and to top things off you fed us healthy chocolate. I will be recommending the weekend to some friends for next year.” Julie

“Hi Rose-Marie, I just wanted to say a big thank you for a really enjoyable weekend – one I will hopefully be able to do again. I found the weekend to be totally enjoyable – well organised and a great crowd of people. Meditation is new for me, but I thoroughly enjoyed practising it and will certainly keep it up! I have found myself reciting some of the new phrases that I have learnt. Once again many thanks. The picture of us all will go in my journal book!” Alison

“Dear Rose-Marie, Thank you for a great weekend, very relaxing as well as inspiring. The venue was beautiful and the food superb. All perfect and hope that I can join you again. Warmest wishes.” Jackie

“I was a little nervous about this weekend because it is often the case where I mix in circles of people. How surprised was I that most of us had so much in common, both in ideas and beliefs. Such a brilliant idea to combine yoga and the spirituality! The yoga was gentle, but worked my body appropriately, even though I have back problems. The workshops and discussions will help me to understand my books, with the sessions helping me to bring focus on the many ideas I have. Thanks for a really interesting and inter-active weekend!” Carmel



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Booking form – YES Weekend, Oxon Hoath, 11-13 March 2016

| | | | |
|---------------|--|---------------|--|
| First name | | Country | |
| Last name | | Daytime Phone | |
| Title | | Mobile | |
| Date of Birth | | E-Mail | |
| Address | | Post Code | |

How did you hear of this Weekend?

| | | | |
|------------------------|-------------|----------|------------------|
| Yoga centre or teacher | Magazine ad | Internet | Personal contact |
| | | | |

Please detail:

Payment details: Payment consists of a £125 non-returnable **deposit** followed by a **balance** by 11 Feb 2016. You can pay by cheque or by credit card online via our Paypal system (deposit only). Single room supplement is due along with the balance. Once we receive payment we'll send you a confirmation which also acts as your receipt.

Please note that if you require a special diet there is an extra charge of £4.60 per meal (£18.40 in total for the weekend).

Cheques made out to 'Rose-Marie Sorokin'. You can also do a bank transfer. Contact us for details.

| Price per person: | Quantity | Amount to pay now | Amount to pay later |
|--------------------------|-----------------------------------|-------------------|---------------------|
| Deposit (£125) | | £125 | |
| Balance | | | |
| Upgrades required | Extensions | | |
| | Single supplement is £50 in total | | |
| TOTAL TO PAY NOW: | | | |

Signature: _____

Date: _____

Cancellation Terms: All deposits are non-refundable. We are only able to refund the remaining cost 6 weeks or more before the retreat, which allows us time to offer your place to someone else. After that no refunds, regardless of reason for cancelling.