



Inner Light Yoga & Health Co

Yoga & Meditation Weekend

Saying YES to Inner Peace!
Early Bird Offer ends 15 July 2017

Friday 17 Nov - Sunday 19 Nov 2017
Oxon Hoath Retreat Centre, Hadlow, Kent TN11 9SS



**An inspirational weekend of
Yoga, Meditation/Mindfulness and Personal Development**

"A mind free from all disturbance is Yoga." - The Yoga Sutras of Patanjali

This is a relaxing and uplifting weekend suitable for those of you who have an interest in Yoga, Meditation and Personal/Spiritual Development, and who would like to learn more.

Today we live in a busy world and our lives can be full of noise and distractions; both externally (media, work pressure, relationship problems) and internally through our thoughts and feelings (for example guilt, insecurity, sadness). This weekend will be an opportunity to learn how to let go of the 'frazzled mind' and to connect with your extraordinary inner peace, that is always there, but with which we often lose contact.

The most powerful thing that you can do to improve your life and to feel more in balance is to start meditating. This will put you in touch with who you really are. It will also put you in touch with your heart and intuition. When we live from a place of inner peace, our lives can transform in miraculous ways!



Inner Light Yoga & Health Co

The weekend will be a mix of

Yoga Classes, Meditation/Mindfulness Sessions and Workshops on Personal & Spiritual Development.

Hatha Yoga Classes:

- **Yoga Postures (Asana)**
- **Gentle exercises to release tension in shoulders, back, neck**
- **Breathing exercises (Pranayama)**
- **Deep Relaxation (Yoga Nidra)**

Meditation/Mindfulness:

- **Introduction to Meditation and Mindfulness**
- **Different Meditation Techniques**
- **How to calm a busy mind**
- **How to create a Meditation Practice**

Personal & Spiritual Development

- **Moving from the Head to the Heart**
- **How to Listen to our Intuition**
- **Understanding 'energy' and how it effects your life**
- **How to establish a Spiritual Practice**

Some benefits of Meditation:

1. Decreased Anxiety.
2. Better resistance to stress
3. Increased empathy.
4. Improved attention and mental processing.
5. Improved immune system response.
6. Prevention of depression.
7. Heightened creativity and stronger intuition.
8. Stronger connection to your Higher Self/The Divine/Universal mind.

What this Weekend includes:

- Hatha Yoga Sessions
- Meditation/Mindfulness Sessions
- Workshops on Personal & Spiritual Development.
- 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.

"An amazing, powerful and peaceful weekend. Has brought a clarity to my focus I didn't even realize was missing. Thank you! Keep in touch and keep doing what you are doing." Sue

"Rose-Marie you are an amazing woman with such a calm nature that spills out into your practice. Thank you so very much for a wonderful experience." Deborah



Inner Light Yoga & Health Co

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 and post graduate certificate in Mindfulness*), 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. She also writes for various magazines on personal/spiritual development, meditation and yoga. She is currently writing a book – 'The Miracle of Yes'.



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.

Frequently Asked Questions:

F. Who attends this type of weekend?

A. People from all walks of life. All ages. All levels of experience. People with a keen interest in Yoga, Meditation and Personal/Spiritual development.

F. Is it ok to attend on my own?

A. Most people come on their own. It is a great opportunity for some 'me-time'. Everyone gets to know each other quickly.

F. Do I need to have experience of yoga, meditation or personal & spiritual development to attend?

A. No. Just a willingness and an openness to learn.

F. How big is the group?

10-15 people.

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.



Inner Light Yoga & Health Co



Some of the previous groups! 😊

Itinerary (draft):

Friday 17 Nov

Arrival after 4.30

5.30-6.45 – Yoga, Meditation & Relaxation

7.30 – Dinner

8.30 – 9.00 - Introduction to the weekend & Introduction to Meditation

Saturday 18 Nov

8.00 Meditation

8.30-9.15 Breakfast

10.00-11.00 Talk/Workshop

11.15-12.15 Yoga Posture Practice

12.15-12.45 Meditation & Yoga Nidra (Deep Relaxation)

1.00 Lunch

5.00-5.45 Talk/Workshop

5.45pm-6.45pm Yoga, Meditation & Relaxation

7pm – Dinner

Free evening (by the fire?)

Sunday 19 Nov

8.00am Meditation

8.30am-9.15am Breakfast

10.45am – 11.45am Talk/Workshop

11.45am-12.45am – Yoga Posture Practice

1.00pm Lunch

2.00pm – 2.45pm – Meditation & Deep Relaxation

2.45pm-3.15pm – Goodbye



Inner Light Yoga & Health Co

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 gardens.



ACCOMMODATION



There is a variety of smaller and larger twins and singles, both en-suite and with shared bathrooms. Some rooms are facing the front of the building and some are at the back of the building with restricted views.

Price list – per person shared accommodation:

- **Dormitory room for 2, 3 or 4 people - £359 (with Early Bird reduction £309)**
- **Twin room, bathroom nearby - £369 (with Early Bird reduction £319)**
- **Small single room, bathroom nearby - £369 (with Early Bird reduction £319)**
- **Twin room, en-suite - £389 (with Early Bird reduction £339)**
- **Superior twin room, en-suite - £409 (with Early Bird reduction £359)**
- **Single room supplement: £60 (for two nights - for twin rooms with single occupancy)**
- **Please note that if you would like to share a room and we can't find anyone who would like to share room you have to pay the single room supplement.**

Early Bird Offer: £50 off before 15 July 2017

Early booking is highly recommended as there are max 14 spaces.

A deposit of £150 secures your place (non-returnable). Full payment is due 19 October 2017 the latest.

Please use the **Booking Form** to book your place or book on our website www.yogapilatesholidays.com

Payment and cancellation policy

A non-returnable deposit of £150 secures your place. A full refund will be given if cancellation is made at least 6 weeks prior to the retreat. There are no refunds 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.



Inner Light Yoga & Health Co

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.

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

"Thank you so much Rose Marie for a wonderful Yes yoga retreat weekend. I truly loved every minute of the weekend and feel uplifted and full of zest but most of all very much inspired. Loved you and loved everyone in our group Thank you Heart and soul" Nemisha

"I found the yoga complemented the Workshops on Personal and Spiritual development very well. It helped to relax and open up the mind and also to unwind. It is hard to know what you want in life and, for me, this weekend will play a part in discovering this. Thank you! Thank you to the Universe!" Paul

"Inspiring! A good mix of yoga exercises and workshop exercises. I had started the process about a month before and this weekend has really helped me clarify the direction I need to work on. I have a clearer vision and feel confident that it is all coming my way. It is no if, but when. Excellent! Thank you!" Xx Annie





Inner Light Yoga & Health Co

Inner Light Yoga & Health Co
5 Mill Hall
Aylesford, Kent ME20 7JN
Tel 00 44 (0)1622 715576
innerlightyoga@btopenworld.com
www.vogapilatesholidays.com

Booking form – YES Weekend, Oxon Hoath, 17-19 November 2017

First name		Tel	
Last name		Mobile	
Address		Date of Birth	
Post Code			
Email			

How did you hear of this Weekend?

Yoga centre or teacher	Facebook	Internet	Personal contact

Please detail:

Payment details: Payment consists of a £150 non-returnable **deposit** followed by a **balance** by 19 October 2017. You can pay by cheque or by credit card online via our Paypal system (deposit only) or by bank transfer. 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 (£150)		£150	
Balance			
Upgrades required	Dormatory room, £359		
	Single Room, bathroom nearby £369		
	Twin room, bathroom nearby £369		
	Twin room, en-suite £389		
	Twin room, Superior £409		
	Single supplement is £60 in total		
	Deduct £50 Early Bird before 15 July		
Special diet, £18.40 in total			
TOTAL TO PAY NOW:			



Inner Light Yoga & Health Co

Please also answer the questions on the next page.

We would be very grateful if you could also answer the questions below:

DOB & Occupation:

Yoga & Meditation experience:

Experience of Personal and Spiritual Development, i.e what are your interests in this area? Have you been to any other retreats? Have you had any coaching? Have you read any books within this field?

Do you have any of the following: Hypertension, Heart Disease, Cancer, Epilepsy, Meniere's Disease, Detached Retina, MS, ME, recent post-operative conditions, Depression or any other medical condition? Please specify.

Are you currently receiving any medical treatment or taking medication? Please specify.

Do you have any muscle or joint problems?

Do you have any dietary requirements? Please note that Oxon Hoath charges £18.40 (in total for the weekend) for preparing special meals.

What are your expectations of the YES weekend?

Please check with your medical practitioner before joining the weekend if you have any medical conditions. Please sign below to show that you have read and understood these questions.

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.