



## **Nurture & Nourish Spring Bank Holiday Yoga Retreat, Erth, Cornwall**

**Friday 24<sup>th</sup> – Monday 27<sup>th</sup> May 2020**

**Space is one of the most precious gifts that we can offer ourselves - space to pause, space to connect, space to breathe, be and deeply rest.**

It is in these moments of pausing that we tend to step back and see ourselves more clearly. We create space to tend to that which needs nurturing and nourishing. We refuel ourselves so that we can move forward with greater energy and inspiration.

This 4 Day retreat, set in the beautiful Erth Barton in Cornwall, will offer you an opportunity to do just that. The weekend will combine mindful yoga, meditation to deep relaxation to support you in both resting and recharging. We will take time to soak up and savour both our practice and the warmer, lighter, brighter energy of spring as it comes into full swing in the beautiful Cornish countryside.

### **Retreat Schedule**

You are welcome to arrive from 3pm Friday 24<sup>th</sup> May and departure is 14.00 on Monday 27<sup>th</sup> May.

A typical daily schedule will include:

- Slow mindful flowing yoga in the mornings
- Breakfast.
- Free time to rest or roam.
- Lunch.
- Restful yin or restorative yoga in the afternoons
- Dinner
- Late evening yoga nidra / guided relaxations to help you drift off to sleep.

The weekend will also include mindful walks and meditations as well space to rest or roam in the beautiful grounds or explore the beaches and national parks nearby.

## About Erth

Erth Barton lies on 300 acres of regenerative farmland, encircled by the River Lynher with views to Dartmoor lying to one side, and the village of St Germans on the other. It sits on its own Peninsula and is part of the Antony Estate and its 2000 acres of land just over the border from Devon in Cornwall. It is remote yet easily accessible by road and rail.

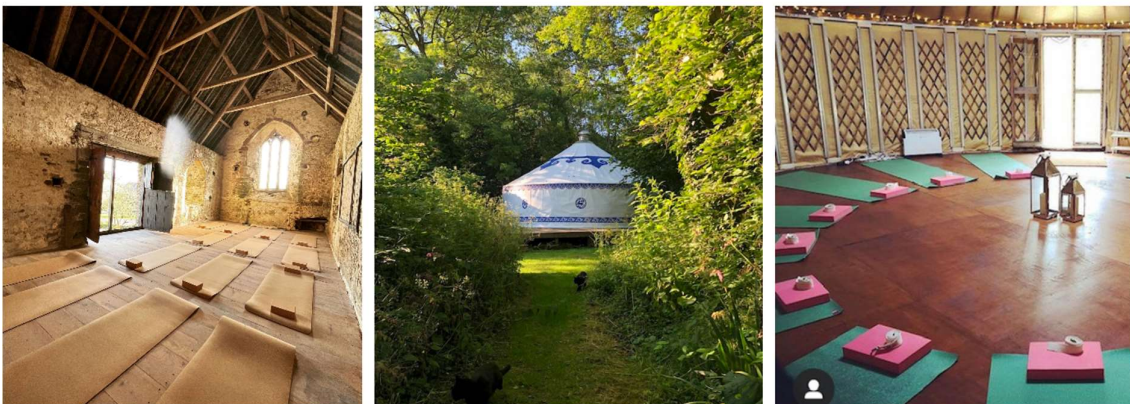


Fast trains run direct to Saltash from London Paddington in under 3 hrs 45 minutes, or if travelling from elsewhere trains run direct to Plymouth and then change to Saltash. Erth is a 10-minute taxi ride from Saltash station.

Erth Retreat is run by Shaun and Polly who previously managed the beautiful Tilton House Retreat Centre in Sussex. Having worked in the retreat business for many years, they are skilled at creating a warm, welcoming setting, that offers a touch of luxury while also making you feel like you're in the comfort of your own home.



Yoga Sessions will take place either in the beautiful old chapel or listening to the sounds of nature in the garden yurt.



## The Local Area

The retreat will also offer plenty of space to rest and recharge in the beautiful surroundings at Erth. In addition to enjoying the scenery in the local peninsular, there will also be time for guests who wish to, to explore some of the natural beauty spots in the local area including Whitesands Bay (20 mins drive), Dartmoor National Park (30 mins drive) and Bodmin Moor. Please note that your own transport will be needed.



More information can be found at [www.erthretreat.com](http://www.erthretreat.com).

## About Anna

Anna Taylor is a Senior Yoga Teacher, IAYT Accredited Yoga Therapist and Mindfulness & Compassion Tutor Anna Taylor based in London with over 15 years of experience.

Anna is passionate about making yoga accessible to people of all levels and beginners are most welcome on her retreats. Anna will guide you to listening to your own needs and offer options so that you can adapt as feels fitting. The emphasis will be on meeting ourselves with awareness and kindness through both movement and stillness as well as exploring how we extend this into our everyday lives.



More information about Anna and her teaching can be found at [www.mindbodybalance.co.uk](http://www.mindbodybalance.co.uk).

## Accommodation

See full accommodation details below.

## How to book

To secure your place contact Anna at [anna@mindbodybalance.co.uk](mailto:anna@mindbodybalance.co.uk) to receive full booking details.

A £250 deposit is required to confirm your place with options for payment plans to spread remaining payments if helpful.

Please note that all prices include accommodation, catering and yoga sessions, but do not include travel, travel insurance or holistic treatments (which are available at extra cost).

## Accommodation

There are a range of accommodation options on the retreat from twin / double rooms (one option of a triple) in the main house, to Shepherds Huts or Cabins if you like to be in the heart of nature. Many rooms are en-suite with some including views over the gardens or river.

### OAK



#### **En-suite with bath / shower and private balcony.**

£850 per person (twin/double sharing).

Oak is a triple aspect bedroom with en-suite bathroom with views over the River Lynher to the front and rear - spend the morning watching the tide drift in & out from the window seat. This room comes with its own balcony with views towards Dartmoor.

£575 per person if taken as a triple.

### FERN



#### **River view, en-suite with bath.**

£800 per person (twin/double sharing).

Fern is an east facing bedroom with en-suite bathroom. This room looks out onto the River Lynher to the front with views across to Dartmoor catching the sunrise.

### MOSS



#### **Garden View, Ensuite with bath.**

£800 per person (twin/double sharing).

Moss is a large super king room with en-suite bathroom, this is a light room with views onto the gardens. The bathroom has views across the River Lynher.

### GRANITE



#### **River view with private bathroom.**

£750 per person (twin/double sharing).

Granite is an east facing bedroom that looks out across the River Lynher towards Dartmoor. This room comes with a large private bathroom across the hallway, which looks onto the west, and St German.

## LICHEN



**View across the river with shared bathroom.**

£750 per (twin/double sharing).

Lichen is a triple aspect ground floor bedroom with shared private shower room. This room looks out onto the River Lynher to the front and rear, and has its own entrance - spend the morning watching the boats and tide drift in & out from the window seat.

£1050 Sole Occupancy.

## TIDDY SHEPHERDS HUT



**En-suit with river views.**

£700 per (twin/double sharing).

Tiddy is located in the paddock nearest to the main house and has views onto the Lynher.

£1000 Sole Occupancy.

## LYNHER SHEPHERDS HUT



**En-suit with river views.**

£700 per (twin/double sharing).

Lynher is located in the paddock nearest to the main house and has views onto the Lynher.

£1000 Sole Occupancy.

## CABIN



The cabin is nestled in the paddock with views across the River Lynher.

£650 per (twin/double sharing).

Please note that the cabin has toilet and bathroom facilities nearby.

£950 Sole Occupancy.

