

SPRING EQUINOX YOGA

STUDLAND DORSET 20th-22nd March 2020
WITH SUE CHOPPING



Celebrate the first day of spring with an awakening and empowering yoga practice. Connect to the earth with walks along the beach and to 'Old Harry Rocks'.

Join me for our annual celebration of the Spring Equinox with yoga and walks along Studland beach, supper in front of the fire at the 'Banks Arms' and the local organic food at the 'Pig-on-the-beach' hotel.

Itinerary

Friday

4.30-6.0.p.m. A yoga practice to let go of your week and a guided relaxation.

Saturday

- 9-11.30.a.m** We will celebrate the alchemy of the the spring equinox with a practice to reflect nature, poised between opposite forces, light and dark, receptive and active, inner and outer, conscious and unconscious. Poised between these opposite forces we will unite them to bring balance and wholeness.
- 11.30a.m** A brunch-fest to put a 'spring' in your step.
- 2-4.0p.m** A walk to 'Old Harry Rocks' and along the beach.
- 4.30-6.0p.m** A restorative somatic practice and Yoga Nidra.
- 7.0.p.m** Dinner at the 'Pig On-the-Beach' (optional).

Sunday

- 9-11.30.a.m** Finding balance through a yin and yang, fire and water practice we begin to reach out more with new life and transformation.
- 12.00.a.m.** Brunch

Cost is £325 and this includes all yoga, staying in a lovely house with a log-fire, and brunch on Saturday and Sunday and sharing a room). For single occupancy a supplement £70 will be added. You have options to stay in a hotel or bed-and breakfast and the yoga and brunch on Saturday and Sunday will be £175.

Hotels

The Pig on the Beach - www.thepighotel.com

Bed-and-Breakfast

The Banks Arms - www.thebanksarms.com

Post Office - 01929450204 Longmead - 01929450472 Littlemead -
01929450246 Shellbay Cottage - 01929450249 Rectory Cottage -
01929450311

Transport - Train www.southwesttrains.co.uk From Waterloo to Wareham (2 hours and fifteen minutes approximately).

Taxi from Wareham to Studland (approx. £20) Mike's Taxis -
01929553091 Alan's Taxis - 01929556575 County taxis - 01929553835

By Car - There is space for parking so if you would like to share car journeys it is a great option and I will give you directions if you need them. By driving you cross the chain-ferry from Sandbanks and although it only takes a few minutes it is great to see the boats and the opening to Poole harbour.

Places are limited, to confirm your place please email me or text on **07905228314** Email susanchopping@yahoo.co.uk

