

# SPRING EQUINOX

## STUDLAND DORSET 18th - 20th MARCH

### WITH SUE CHOPPING



Join me in beautiful Studland Dorset when nature is stirring and we begin to emerge and unfurl from the cocoon of the winter months. We will celebrate and create opportunities for positive change at this point when we are poised between opposite forces of light and dark, receptive and active, unconscious and conscious and inner and outer. These forces can be united within us so that we are whole and balanced individuals. We will cultivate this dynamic of opposites to transform and manifest actions that come from the heart.

Staying in accommodation with log fires, enjoy 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 settle, unwind and empty out

### Saturday

**9-11.30.a.m.** Unfurling through, movement, pranayama and

meditation. Rising from the ground with a steady and slow-flow harnessing the opposite forces of extending outward and drawing inwards into balance.

**11.30.a.m.** A hearty brunch to nourish and replenish of eggs, avocado, smoked salmon and much more!

**2.0.p.m.** A walk along Studland 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** A Heart Lifting practice, listening to *anahata chakra* the 'unstruck sound' of the heart. Anchoring and extending and manifesting positive intentions.

**12.00.a.m.** Brunch

Cost is **£375** 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 £75 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](http://www.thepighotel.com)

The Banks Arms - [www.thebanksarms.com](http://www.thebanksarms.com)

## **Bed-and-Breakfast;**

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

**Transport** - Train [www.southwesttrains.co.uk](http://www.southwesttrains.co.uk) From Waterloo to Wareham (2 hours and fifteen minutes approximately).

Taxi from Wareham to Studland (approx. £25) 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](mailto:susanchopping@yahoo.co.uk)

