

a moonrise yoga holiday

# Just be Yoga Weekend

Cober Hill Hotel, Scarborough

4 – 6 October 2024



Yoga, Pranayama, Meditation, Yoga Nidra  
Time to walk, enjoy nature and just be

**Relax, refresh and restore**, take time for yourself in the surroundings of the beautiful North Yorkshire coast.

## Venue

Cober Hill is a Victorian mansion, steeped in history and set in 6 acres of stunning grounds, nestled in the North York Moors National Park and just a short walk from the sea. Just being at Cober Hill can be a tonic in itself, our accommodation will be in the main building, with all rooms ensuite. Food is freshly cooked, locally sourced and seasonal, special diets can be catered for. There is ample free onsite parking and free WiFi.

The Cleveland Way National Trail is just on the doorstep and there are some excellent choices for short walks, including along the Cinder Track (the old Scarborough to Whitby railway) or to a beautiful little waterfall that cascades on to the fossil-rich beach at Hayburn Wyke. Scarborough is a short drive away and the hotel is easily accessible from many directions, Postcode YO13 0AR.



**I will hold the space for you to explore yoga practices deeply and mindfully. Sessions will be tailored to the group and include traditional hatha yoga, Yin Yoga with long mindful holds, a variety of breathing practices, deep relaxation, mudras, bandhas and guided meditation.**

I have used yoga as a journey of self-discovery and healing since university and after training with BWY, began teaching in 1988. I've studied yoga philosophy in India, trained BWY yoga teachers, facilitate BWY Foundation Courses, offer yoga development courses, workshops and holidays. My teaching draws on the wisdom of Satyananda Yoga, Mukunda Stiles, Yin Yoga, Integral Fascial Yoga and Mindfulness. I use a staged

approach to make practices accessible and inclusive for all bodies, all levels of experience, aiming for clarity and enjoyment.

The weekend is suitable for all ranges of ability and experience of yoga.

**What's included**

- Comfortable ensuite accommodation, single, twin and double rooms, some are dog friendly
- Dinner, Bed and Breakfast - home cooked, fresh, seasonal food
- Well stocked tea tray and kettle in your room
- All yoga workshops in a wooden floored hall
- Time to relax, enjoy nature, the sea, walk or 'just be'



**Yoga**

No special clothing is needed, but comfortable loose fitting or stretchy clothing that facilitates easy movement. Bring your own non-slip yoga mat, blanket and any other yoga props that you may have.

**Outdoors**

Bring walking boots and warm waterproof clothing for the changeable British weather and to let you make the most of the scenery and nature.

**Cost – all rooms ensuite**

Single rooms £385, Twin/Double £370pp

Option for non-yoga partners to join at a reduced rate.

Deposit £100 with booking, non-refundable, balance payable 8 weeks before holiday.

Cheques to J. Cluley or BACS payments to Sort Code 09-01-27 account 38203361.

**Cancellation** – in case of cancellation, please ensure that you have appropriate travel insurance.



**Booking & Programme Details**

Jane Cluley, Moonrise, Low Street, Hushwaite, York YO61 4QA

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Name.....

Address.....

Postcode ..... Telephone ..... Email.....

Accommodation: Single/Twin/Double Share with .....

Special dietary requests and intolerances .....

Yoga Experience?.....

Further information & receipt if required, will be sent by e mail unless an SAE is enclosed