

a moonrise yoga holiday

# Just be Yoga Weekend

Dovedale in the Peak District

16 -19 August 2024



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

**A long weekend holiday**, Friday 3pm – Monday 10am, giving a wonderful opportunity to relax, refresh and restore, take time for yourself in the beautiful surroundings of the Peak District.

## Venue

The Peveril of the Peak, Dovedale, is an HF Holidays 3-star hotel. The House takes its name from a novel by Sir Walter Scott, with the oldest part of the building dating back to the 1830s, it enjoys a stunning location in the quaint Peak District village of Thorpe. It has extensive gardens and grounds and the towering hill of Thorpe Cloud as a backdrop. Footpaths lead directly from the house including one to the famous stepping stones on the river Dove.

All rooms are ensuite with tea and coffee making facilities having their own individual layout and character. There are spacious public rooms, free Wi-Fi, boot and drying rooms. There is fabulous food using local produce where possible, a wide choice of breakfast including cooked breakfast of your choice, generous picnic lunches and three course evening meals. Special diets and intolerances can be catered for. The postcode is DE6 2AW

Dovedale, owned by the National Trust, is a nature reserve with internationally important ancient ash woodland, wildflower-rich grassland and a river full of wildlife.



**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 holiday is suitable for all ranges of ability and experience of yoga.

**What's included**

- Comfortable ensuite accommodation, single, twin and double rooms
- Dinner, Bed and Breakfast with packed lunch - 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, 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 £399, 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, Husthwaite, York YO61 4QA

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**Just be Yoga Weekend, Dovedale, 16-19 August 2024**

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