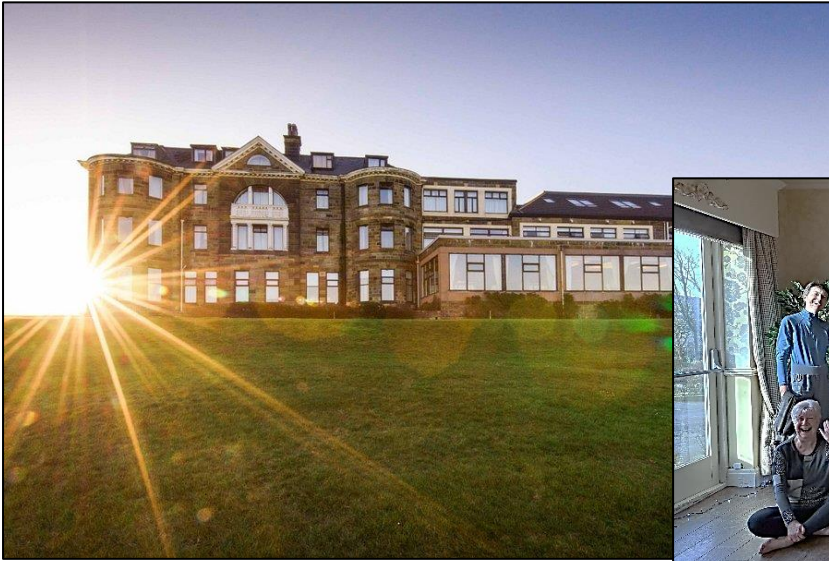


a moonrise yoga holiday

Just be Yoga Weekend

Raven Hall Hotel
2 – 4 February 2024



with Jayadhara (Jane Cluley)

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

Raven Hall Country House Hotel at Ravenscar is dramatically situated 600 feet above sea level, with breath taking views across Robin Hood's Bay and to the North York Moors. Situated in the North York Moors National Park midway between Whitby and Scarborough, it's an inspirational and historical setting. The house was once the retreat of George III, has period oak panelled lounges, a panorama restaurant, gardens to stroll in and battlements with amazing sea views. We will be choosing from the comprehensive menu in the panorama restaurant.

Use the hotel's leisure facilities including a heated indoor pool and 9-hole golf course or walk along the costal path which forms part of Cleveland Way National Trail. Discover the village of Ravenscar and the unique geological, historical and industrial heritage of the area, or visit charming Robin Hoods Bay, Boggle Hole, Whitby or Scarborough. Arrivals from 3pm on Friday, ample free parking onsite, free WiFi, Postcode YO13 0ET.

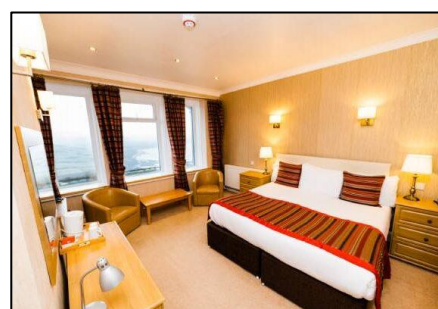


I will hold the space for you to explore yoga practices deeply and mindfully. Sessions will be tailored to the group and include traditional hatha yoga, Yin Yoga with long mindful holds, a variety of breathing practices, deep relaxation, mudras, bandhas and guided meditation.

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 and offer yoga workshops, holidays together with BWY Foundation and Diploma teacher training courses. My teaching draws on the wisdom of Satyananda Yoga, Mukunda Stiles, Yin 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.

What's included

- Comfortable 3* ensuite accommodation, in single, twin and double rooms, selected dog friendly available
- Homemade honest traditional food using the freshest possible ingredients – Breakfast and dinner
- All allergens and intolerances catered for
- Well stocked tea tray and kettle in your room
- All yoga workshops in the spacious George III function room
- 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 have.

Outdoors

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

Cost – all rooms ensuite

- Twin/Double £335 per person - option for non-yoga partners to join at a reduced rate
- Standard Single £350 (limited number)
- Large Single £390

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, Huthwaite, York YO61 4QA

Tel: 07906 652669 **email** janecluley@gmail.com **Web:** moonriseyoga.co.uk



Just be Yoga Weekend, Raven Hall Hotel, 2 – 4 February 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