

a moonrise yoga holiday – 35th year

Yoga & Walking Holiday

Coniston in the Lake District

16 – 21 March 2025



with Rebecca Lawrence and Dawn Wesselby

Each day: 3+ yoga sessions, meditation and 2 guided walks

This unique holiday aims to combine a wealth of yoga workshops led by experienced tutors together with opportunities to walk and explore the varied scenic beauty of the Lake District with competent guides.

Venue

Monk Coniston is a large National Trust property set in fifteen acres of beautiful gardens and woodland with exceptional views of Coniston Water and Coniston Old Man. The 3* HF Holiday Hotel has grand public rooms with grounds sloping down to the shores of the lake. Food is freshly cooked, flavoursome and nourishing with hearty packed lunches and a wide choice of dinner menus. Special diets can be catered for.

Guest Tutors



Rebecca Lawrence began her spiritual journey 35 years ago, being gifted the ancient Upanishads to help her make sense of some transformational experiences in her teenage years. She has never looked back and found yoga offered a framework for deep healing, a spiritually connected, and fulfilling life.

She holds a 500-hour BWY Diploma, has completed Yin Yoga training and offers an eclectic heart-based teaching style, often integrating mantra and mudra. Introduced to the power of sound, music, and mantra as a child, she is passionate about their transformational powers and completed Sound and Gong training with the College of Sound Healing. She weaves her voice, singing bowls, drums and gongs into a soundscape to promote deep healing. She also offers seasonal and cacao ceremonies to help bring us back into balance with the natural world, remind us of our interconnectedness and shared humanity.



Dawn Wesselby was first introduced to yoga as a child when she would join her mother in her bedroom to practice with the aid of Richard Hittleman's book (Yoga 28 Day Exercise Plan). Sadly, she was often sent away to allow her mother to practice in peace. She returned to yoga at the age of 23, after being diagnosed with ulcerative colitis, a condition her mother had also suffered and has successfully used yoga practices to manage the pain and discomfort. She has been teaching since 2000 and strongly believes that the true power of yoga is not in performing asana, but in being present in the body, observing the fluctuations of the mind, changes in mental state and energy levels.

Dawn is a 500-hour BWY Diploma holder and Diploma Course Tutor. She trained in Restorative Yoga with Judith Lasater which uses multiple props to give the body space to open and release and bring about deep healing. She has additional training in Yoga Philosophy, Pranayama, Yoga Nidra and Yoga for Mental Health. She draws on her many years of experience and slightly wicked sense of humour to create fun classes and workshops.

A selection of the other tutors



Cheryl Lee-Appleby was introduced to Yoga at age 21 by her sister, who was using Richard Hittleman's Yoga 28 Day Exercise Plan to warm up for running. She was struck by the releasing effect of breathing into postures. In 1988 she completed the BWY Teaching Diploma while living and studying Buddhism at the Manjushri Institute in Ulverston, Cumbria. Her main teaching influences are Patanjali's Eight Limbs of Yoga, Scaravelli and Somatic approaches to working physically. In her teaching she seeks the relaxation and integration of body and mind, and is not averse to a bit of fun. She also has a background in dance, drama and massage.



Minker Chang is a fraternal twin, a yoga teacher and teacher trainer at Proper Northern Yoga. He teaches classical yoga blended alongside Tai Chi, Chi Gong, Feldenkrais, somatic and Ga Ga movement; guiding students to explore the entire bandwidth of yin-and-yang and returning to baseline and homeostasis with comfort and ease. Breathe. Feel. Connect. His teaching is informed by Eastern and Western philosophy, neuroscience, quantum physics and mystical poetry. Be like an inner-gardener; plant, grow and blossom beneficial states to uproot and let go of afflictive habits.



Jayadhara (Jane Cluley) has used yoga as a journey of self-discovery and healing since university and after training with BWY, she began teaching in 1988. She studied yoga philosophy in India and offers workshops, BWY Foundation and in-depth Study and Sadhana courses. Her teaching draws on the wisdom of Satyananda Yoga, Mukunda Stiles, Mindfulness, Yin and Integral Fascia Yoga. She uses a staged approach to make practices accessible and has a talent for expressing her teaching clearly and enjoyably. She loves her garden, growing things and finding creative solutions.

What's included

- 3* Ensuite accommodation, free parking and Wi-Fi
- Hearty breakfast, picnic lunch, three course dinner
- Choice of over 40+ hours of yoga workshops, with choice of sessions
- Choice of Guided Long or Short walks each day in the scenic Lake District
- Walks may be from the house or using mini-bus transport
- Workshops from all tutors, music and varied evening opportunities



Holiday

The price includes full board in an ensuite room, all tuition, activities and an evening concert.

Twin/Double £850 per person

Single £915

Deposit: £100 with booking (non-refundable), balance payable 12 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.



Programme

Sunday

4pm Onwards – Welcome and check in
5 – 6.30pm Yoga or Amble with Geoff
6.45pm Dinner
8.30pm Introductions

Monday – Thursday

7 – 8am Yoga or Meditation
8am Breakfast
10am – 12pm Choice of two workshops
4 – 6pm Choice of two workshops
6.45pm Dinner
8.30pm Evening talks / workshops / music and entertainment

Short walks: led by Geoff Cooper: depart 10am, return 2pm

Long walks: led by Mark Braithwaite, depart 12.30pm, return 5-6pm

Friday

7 – 8am Yoga
8am Breakfast
10am Farewells and departures



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Name.....

Address.....

Postcode Telephone

Email.....

Accommodation: Single/Twin/Double Share with

Special dietary requests or allergies?

Yoga Experience?.....

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



Booking & Programme Details

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

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Feedback from previous years

Lovely countryside, lovely people, good yoga and fantastic organisation.

Just meeting so many lovely people, the walking, the location, the yoga sessions and the lovely food. I love the setting in the beautiful landscape and grounds, the camaraderie all makes for a stimulating and rewarding time. The structure of the day gives enough time for relaxation and varied choices adds to the enjoyment. It is more beneficial and rejuvenating than an ordinary holiday.

The planning, the structure, the place, the people make it an experience that stays with you for a long time and you want to enjoy it again.

My room was lovely – the staff were friendly and efficient. I enjoyed not having any responsibilities for this restorative holiday.

I wanted to be able to fit more in, but it was impossible! The walks were sensational.

The walk leaders - Geoff and Mark were both so professional, friendly and knowledgeable about the local area. I felt in safe hands with both and it was such a great treat to go on walks they had organised.

An excellent programme, it was good having a wide variety of tutors; camaraderie and friendship were excellent.

The most pleasing part of the holiday was *the people*, the staff, the participants and the teachers.

It was good having a choice of sessions and flexibility of being able to do something on my own.

The variety of yoga and workshops were all excellent.

I loved the skill and enthusiasm of the tutors and walk leaders.

I feel I have been so lucky to have this supportive break. It is always a wonderful experience and has helped to grow after my bereavement. This week has been very special. I can't wait to come again.

A wonderful group of people who support one another in a magical place and very well organised.

I've been coming for over 20 years and the food was the best ever (2024). Congrats to the chef.

It's probably the unique mix of people, conversations, varied yoga, meditation and walking that makes the whole experience so pleasurable.

Coniston is a lovely welcoming and nourishing space with a good range of activities on offer to join in or not as you feel. Such a beautiful place, I love the connection to nature. I will come again for as long as I am able to.

Our amazing organiser is the golden thread that weaves this magical five days together and holds us.

There is no other holiday like it! Roll on next year!