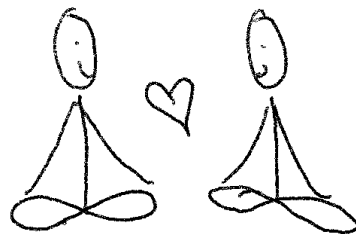




A Space to Be



We are human  
BEINGAS  
not human  
doings.

## Weekend Workshop Retreat (Fri – Sun)

Our weekend yoga retreat package includes yoga, dinner, bed and breakfast Friday – Sunday and is suitable for one or two people.

- 2 Night Weekend Workshop Retreat for one person: £300
- 2 Night Weekend Workshop Retreat for two people: £420
- Extra night (stay until Monday, B&B only): £72 for one person, £96 for two.

### **Cancellation Policy:**

A 25% deposit is required to confirm your booking (non-refundable). With at least seven days' notice your booking can be refunded, minus the 25% deposit, or transferred to another date (subject to availability). Only one transfer is possible per booking.

## Itinerary

### **Friday**

17.00 Arrival and Welcome

18.00 Evening Yoga (Restorative Practice)

19.00 Dinner

### **Saturday**

10.00-16.00 Full Day Yoga Workshop

The workshop will follow one of the following styles of practice and includes lunch. Please check our website or your booking conformation for the workshop schedule.

- Restorative Yoga: a full day of supported postures for deep relaxation.
- Holistic Yoga Day: introduction to a philosophical theme with a balanced day of active postures, relaxation and meditation.
- Well Woman Yoga Day: a nurturing day for women only including breathwork, elegant movement flows, self massage and deep healing relaxation.

19.00 Dinner

### **Sunday**

07.40 Silent Meditation

08.00 Morning Yoga

*The retreat concludes after Morning Yoga on Sunday but if you would like to stay an additional night on a bed and breakfast only basis you are warmly welcome.*

# Yoga

A Space to Be is the home of Lucy Maresh who is an experienced holistic therapist and yoga teacher.

Yoga classes are taken alongside our local students. The maximum group size is seven, and classes are always tailored skillfully to meet the level of the participants. All our yoga classes are slow and mindful with plenty of options. Everyone is welcome from beginners trying their first class, to fellow teachers looking for a bit of space for themselves. Pregnant women are also welcome in all classes.

If you would prefer private yoga classes please ask about our 'Yoga for You' retreat.

## **Evening Yoga**

Our 6pm classes are quiet and gentle practice, including restorative poses and guided relaxation to help you settle and unwind. Typically, this class includes floor based and lying postures but variations are available for all body types and levels of mobility. If getting down on to the floor is an issue we have reclining chairs for you to use

## **Morning Yoga**

The morning classes are preceded by an optional period of silent meditation. Whether or not you join the meditation session, we recommend you try to keep silent between waking and joining the class. We begin at 8am with a guided meditation from which we move into simple sun salutations and standing postures to warm up for the day.

## Weekend Workshops

Weekend retreats include one of the following full day workshops on the Saturday (10.00-16.00).

### **Restorative Yoga Day**

Restorative Yoga is the conscious practice of rest and silence. Using props such as blocks, bolsters and blankets, the body is fully supported in positions of comfort and ease. The morning session tends to include backward-bends and gently inverted postures which are best enjoyed on an empty stomach. The afternoon session includes more introverting postures and meditation. There are lots of variations to meet the needs of each individual and since no movement is required it is also suitable for people who have low energy or are recovering from injuries or surgery.

### **Holistic Yoga Day**

Yoga Days include active and restorative postures, breathing practices and meditation. We take a theme to explore from one of the key yoga texts e.g. Patanjali's Yoga Sutras or one of the ten principle Upanisads. These days may also include Vedic chanting.

### **Well Woman Yoga Day**

Breathwork, elegant movement flows, self massage and deep healing relaxation form the basis of this women-only day retreat. The practices are suitable for all women, with or without previous experience of yoga, and at any stage of life. This yoga day is suitable during pregnancy.

## Accommodation

Our guest suite is clean, uncluttered and has restful views toward the sea. We have two bedrooms which share a private bathroom with full bath and shower. A third room contains a day bed and your breakfast supplies. There is also a fridge, kettle and microwave for your use. Please note there is no television.

Each bedroom has a table, an armchair, and a sea view.

Guests have exclusive use of the whole suite, so even if you book as an individual, you will have the whole place to yourself, and a private bathroom.

### **A Space to Be Guest Suite:**

- One double bedroom with study desk, armchair and a sea view.
- One single bedroom with study desk, armchair and a sea view.
- Private bathroom with full bath and shower.
- Extra room with day bed, fridge, microwave and breakfast supplies.

### **Airbnb**

If you wish to view pictures and read reviews of our accommodation, we recommend looking at our profile on Airbnb. When we are not running retreats, the rooms are made available for guests on a bed and breakfast basis. Please note, it is always cheaper to book with us directly.

<https://airbnb.co.uk/h/aspacetobe>

## Meals

Our home cooked food is wholesome, mainly organic, and sometimes home-grown. All our meals are vegetarian by default and can easily be made vegan or gluten free on request.

### **Dinner**

Evening meals typically include brown rice, vegetables and simple curries or stews. If you have particular requirements, requests or preferences please ensure you let us know before you arrive. You can eat with us in our family kitchen or take your meals up to your room – we absolutely don't mind either way – it is your retreat!

### **Breakfast**

Everything you need for a 'fix your own' continental breakfast is provided within your accommodation. This includes freshly baked bread, a selection of cereals, yogurt, fruit, and juice. There are always some vegan and gluten-free options. If you would like some warm porridge or a cooked egg after the morning yoga class just let us know and we can arrange that for you.

### **Eating Out**

There are also plenty of lovely places to eat out nearby. We particularly recommend our village restaurant Lal Khazana for a delicious Indian meal. You can find fresh seafood at Amble Harbour, pub grub in Alnmouth or Warkworth and many other options for eat-in or take-away in Alnwick. We also have a well-stocked village shop.

## Massage

Lucy describes her hands-on treatments as 'Massage Therapy'. She listens to your body and is guided in her work by what she hears. There are no set routines or sequences, each treatment is unique and individual. Sessions begin with a relaxing foot bath and consultation so that the treatment can be tailored to your needs.

Appointments fill up usually several weeks or even months in advance so please contact us as soon as possible if you want to schedule a treatment.

- **Therapeutic Massage** Massage with warm oils on a comfortable treatment couch.
- **Thai Yoga Massage** Rhythmic palming, rocking and acupuncture techniques, along with facilitated stretching.
- **Thai Foot Massage** A relaxing ritual for your feet and lower legs.
- **Abdominal Detox Massage** For relief from the symptoms of back ache or poor digestion and elimination.
- **Holistic Facial** Organic products are used to cleanse, tone and moisturise the skin, while specific acupuncture points are stimulated for complete relaxation.
- **Head, Hands and Feet** For those with limited mobility or who are more sensitive to or nervous about touch.
- **Pregnancy Massage**
- **Postpartum Massage.**

All treatments are £72 for 75 minutes or £120 for a double session lasting 2 hours and 15 minutes (e.g. to combine two treatments).

## Location

### **A Space to Be**

4 Lee Avenue, Shilbottle, Northumberland, NE66 2UW

Directions from your location, including public transport options, can be found using Google maps at <http://g.page/aspacetobe>

We have an electric vehicle charging point and secure cycle storage.

### **Shilbottle**

Shilbottle is a friendly village located near to Alnwick, Alnmouth and Warkworth. Our building has access straight on to fields out the front and the back, sometimes giving the impression we are in the middle of nowhere. In fact, we are just on the edge of the village. We find it to be the best of both worlds - you can choose to lose yourself in the countryside or easily wander into the village for the the shop, pharmacy, pub or Indian restaurant.

### **Public Transport**

There are local buses to Alnwick, Warkworth, Amble, Felton and further afield to Newcastle or Berwick.

The nearest railway station is Alnmouth, just over three miles away. Sadly there is no direct bus but you can get a bus to Alnwick and then Shilbottle.

A taxi to or from the station will cost about £15.00. Please ensure you arrange this in advance – we recommend Brian at Northumbrian Taxis - 07779 876032.

## Exploring Northumberland

Northumberland is home to verdant countryside with breathtaking views and scenic hikes to be found all around. There are many lovely walks on our doorstep, including an off-road track that leads you from Shilbottle directly down to the beach between Alnmouth and Warkworth (3.5 miles). Alternatively, you can drive there and explore the Northumberland Coastal Path in either direction.

Head to the cobbled streets of Alnwick for lovely independent shops and cafes as well as Alnwick Castle and The Alnwick Garden. We recommend a trip to Barter Books which is housed in what used to be the old railway station. You can also check if the Aln Valley Railway have an open day, or simply enjoy an easy stroll down the old railway line.

Nature lovers are well-advised to take a Puffin Cruise from Amble and visit Coquet Island, home to a colony of grey seals and (in the summer months) a breeding ground for many nesting seabirds including terns and puffins. The island can be seen from your bedroom window, but you'll need to venture closer to get a good look at the wildlife. We recommend Hauxley Nature Reserve for those who love birds but are not so sure about boats (you need good sea legs for the Island trip).

Northumberland is home to many impressive castles including Alnwick Castle, Bamburgh Castle and Warkworth Castle. On a sunny afternoon, Warkworth Castle can be seen from your bedroom window here and is only a short drive away.

Travel further North to follow in the footsteps of St Cuthbert to the Holy Island of Lindisfarne – just be sure to check the tide times if you don't want to get stranded there!

## Packing Checklist

The guest suite is well equipped with bedding, towels, basic toiletries and plenty to eat and drink. We also provide yoga equipment though you are of course welcome to bring your own.

Our local fields are lovely to walk in but often muddy. The beach is a 3.5 mile drive (or walk!) If your plan is to cosy up inside you might like to bring a book or craft project.

It is by no means definitive, but we hope this check-list helps you plan the retreat that you need.

- Yoga mats, blocks and blankets (provided)
- Towel (provided)
- Soap, shampoo and body wash (provided)
- Comfortable clothing
- Warm socks
- Toothbrush and toothpaste
- Personal toiletries and medications
- Sturdy shoes or boots for walking in the fields
- Warm coat and/or waterproofs for outdoor adventures
- Swim stuff if you're brave enough to jump in the sea! (3.5 miles away)
- Book to read
- Journal for writing or drawing
- Craft project
- Registration Form (see below)

Please complete our registration form before your stay so that we are aware of any dietary requirements or things that Lucy needs to know for the yoga classes.

<https://aspacetobe.co.uk/forms/registration-form-yoga-retreat/>