

General Information.

Please specify your treatment preference on the booking form. Treatments will be allocated on a first come first served basis. We are using four treatment rooms so if you would like to share a room with a friend please specify.

We provide luxury yoga mats, blocks, belts and blankets but if you prefer to bring your own mat for hygiene reasons please do so. You may wish to bring extra layers for relaxation or dining outside. If you wish to purchase treatment gift vouchers from your therapist please bring cash/cheque.

Booking confirmation will be sent by text/email. Full details, directions and a health form will be emailed to you at least two weeks before the retreat.

Other Information

Everything on the programme is optional so if you wish to relax and simply enjoy the setting please feel free to do so.

Please note no refunds will be issued unless due to exceptional circumstances with notice in advance because the number of spaces available is limited.

We look forward to meeting you and hope that this will be an enjoyable and memorable day.

For events more of our classes and events visit:

www.breathingspaceonline.co.uk

www.holistictherapyworks.com

www.kentyoga.co.uk

www.facebook.com/myenergise



Jasmin DeSylva-Smith

You'll love Just Jhoom! because not only does it work your lower body, but it also tones your upper body with beautiful Indian dance inspired hand and arm movements.

Just Jhoom allows you to work at your own pace and is perfect if you are coming back into fitness. It is delightful, engaging, and energising.

Just Jhoom is a total mind and body workout, a chance to switch off from everyday stresses and grab a little 'me time'

Our Therapists.

We will be joined by three lovely, skilled and experienced holistic therapists offering you the opportunity to indulge in a nurturing 30 minute treatment.

Treatment Menu

An Aromatherapy Face, Head and Shoulder Massage or Back Massage, Chakra Balance, Cranial Sacral Therapy, Deep Tissue Massage, Facelift Massage, Holistic Back Massage, Indian Head Massage, Reike, Reflexology, Shiatsu, Thai Table Massage.

Return Address for Booking Form and cheque made payable to:

Natasha Calia

25 King Edward Avenue

Broadstairs

CT10 1PH

Contact: T 01843 868851

M 07886 980687

info@breathingspaceonline.co.uk



Yoga and Holistic Health Day Retreat for Women



Saturday 21st March 2015,

**Manor Barn,
Cockering Road,
Canterbury, Kent, CT1 3UR**



**YOGA
MASSAGE
RETREATS**

holistic therapy works
.com

This wonderful all inclusive yoga and holistic health day retreat takes place in a beautiful, tranquil and fully equipped yoga studio on the outskirts of Canterbury.

The Manor Barn studio has high ceilings and a solid oak heated floor, and offers delightful treatment rooms, a large kitchen plus the option to dine al fresco with free parking directly outside.

About your Tutors

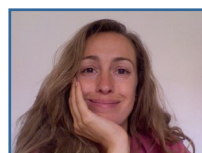


Natasha Calia (RN, MIGHT, Dip BWY, Dip prenatal, antenatal and postnatal yoga BSY, Dip baby and toddler yoga Birthlight, REP)

Natasha originally studied yoga in India over 20 years ago and has been practicing ever since. She teaches a variety of groups - pregnancy, postnatal, babies, general classes and individual sessions and has run numerous residential and day retreats over the past 6 years.

In yoga, Natasha encourages the interplay of flowing sequences with static postures to promote a sense of light, fluid movement with stillness and calmness, like the ebb and flow of the sea.

Natasha is a registered nurse and a holistic therapist who embraces and encourages health and vitality.



Angela Oakes (Specialist bodyworker and Sivananda Yoga Tutor)

At the age of 18 Angela discovered yoga and Reiki healing to be foundational techniques from which to explore her fascination with the human systems and our innate capacity to heal.

Over the following 20 yrs and across 17 countries, Angela studied various forms of yoga and gained training and experience in many healing modalities.

Angela is passionate about health and well being and hopes to share this with you.

Day Programme

(Suitable for all levels and experience).

9.30 am onwards. Arrival and refreshments.

10am til 11.30am. Salutations to Spring with Natasha. Open your heart and lungs and celebrate the renewal of our energy as we move into spring. Breathe well as you flow through energising and graceful yoga sequences.

11.30am til 11.45am. Light refreshments.

11.45am til 13.00pm. Just Jhoom with Jasmin. A light hearted, fun and energising movement class with beautiful Indian dance inspired hand and arm movements and great music to get you moving.

1pm til 2pm. A delicious and nutritious feast.

2pm till 3.30pm. Treatments and Relaxation. Learn how to give and receive a simple Indian head massage and unwind with a nurturing 30 minute Holistic Therapy treatment of your choice (please choose from our menu overleaf)

3.30pm til 4pm. Light refreshments or Chai.

4pm til 5.15 pm. Blossom and Heal with Angela. Afternoon yoga includes slow asana (postures) to ease the body into comfort, and chanting to cleanse the subtle channels (nadis), calm the mind and open the heart.

17.30. Farewells.

Booking Form

Name

Address.....

Email.....

Contact number.....

Preferred therapies (choose two in order)

Yoga experience (if any)

Any physical issues.....

Any dietary Intolerances

Cheque included (Early bird discount £75 before 31st January, £80 thereafter)

Please check availability before sending your payment as only 12 spaces are available. Don't forget to include a SAE for a map, health form and further details. Paypal and BACS accepted (please email for details)

For booking:

Contact T: 01843 868851 / 07886 980687

E: info@breathingspaceonline.co.uk