

GENTLE YOGA & MEDITATION

WEEKEND COURSE at Tan-y-Garth Hall Retreat

Friday 1st – Sunday 3rd November 2019



PROGRAMME

Enjoy a calming weekend of Yoga, Relaxation and Meditation with this perfect introduction to yoga for beginners in a beautiful and tranquil countryside setting.

Taught by Betty Nesbitt, Val Young, Anthony O'Toole & Derek Murray

Suitable for all ages. During the weekend participants will get a gentle introduction to the fundamentals of yoga and meditation including :-

- Postures
- Stretches
- Breathing techniques
- Zen walking
- Yoga philosophy

Plus an introduction to Tai Chi movement

Info/Bookings : www.tanygarthhallretreat.org

Please bring loose clothing and indoor shoes

Organised by : The International Hermeneutic Society

When:

Friday 1 - Sunday 3 Nov

Where:

Tan-Garth Hall Retreat
Pontfadog, Llangollen,
LL20 7AS

Time:

8 PM Friday - 3 PM Sunday

Costs:

Non-residential £110 -
inc. meals & refreshments
refreshments & all tuition
(£15 discount IHS members)

Residential £170 -
inc. 2 nights B&B, meals &
refreshments & all tuition
(£20 discount IHS members)

N.B. Single occupancy rooms can be arranged for a supplement of £15 per night. Please contact us first to check availability.

Tel: 0300 302 1936 (local call rate)