

## St. Katharine's, Parmoor

This beautiful retreat house is set in the rural tranquillity of the Chiltern Hills, not far from Lane End. The house itself opens to an impressive panelled entrance hall with antique furniture, a grand piano and stained glass windows.

Two sitting rooms and a secluded library provide a pleasant ambience for relaxation. Yoga takes place in the former banqueting hall.



Accommodation is mostly in twin (shared or single – supplement applies) en-suite rooms, all with tea and coffee making facilities. There are a couple of single rooms for which a single supplement does not apply – first come, first served.



There will be opportunity to stroll around the 12 acres of grounds, including interesting features of a walled garden, a pond and formal and sunken gardens (in restoration).

Please bring your yoga clothing and equipment (mats, blocks, blankets, etc.), toiletries and indoor shoes. If you wish to explore the woodland circular walks, please bring walking shoes.



### Massage

If you don't feel like exploring, you may prefer to book an optional treatment instead. Debbie Lawrence holds an holistic therapy clinic at St. Katharine's with specially discounted prices for those on retreat.

Her offerings include Aromatherapy Massage, Swedish Massage, Indian Head Massage and Reiki Healing. Prices start from £25. Please see her website for a full list of treatments and prices: [www.angeliteholistictherapies.co.uk/st\\_katharines\\_treatments](http://www.angeliteholistictherapies.co.uk/st_katharines_treatments)

Massage takes place in the peace and comfort of the library.



### Booking

Please book massage in advance directly with Debbie on 07859 865148 quoting St Katharine's. Appointments are on a first come first served basis.

## Schedule

Friday 27 – Monday 30 April 2012

### Friday

Arrive any time after midday  
2.30pm Tea and cake  
4.30-6.30pm Yoga  
7pm Supper  
9.15-10pm Yoga Nidra (relaxation)

### Saturday & Sunday

8.30-10.30am Yoga  
11am Brunch  
1.30pm Meditation  
2.30pm Tea and cake  
4.30-6.30pm Yoga  
7pm Supper  
9.15-10pm Yoga Nidra (relaxation)

### Monday

8.30-10.30am Yoga  
11am Brunch  
1.30pm Meditation  
2.30pm Tea and cake  
Depart



## Booking & payment

	<u>shared</u>	<u>single</u>
Deposit* required with booking	£95	£115
1 <sup>st</sup> instalment due by 27 Feb 2012	£100	£110
2 <sup>nd</sup> instalment due by 27 Mar 2012	<u>£100</u>	<u>£110</u>
Total price (includes full board & all yoga classes)	<u>£295</u>	<u>£335</u>

Please make cheques payable to S. NORTON and send to 6A Wheelers End, Chinnor, OX39 4JL or email me for internet banking options:

[sasha.norton@yahoo.com](mailto:sasha.norton@yahoo.com)

## Booking Form:

Name .....

Address .....

.....

Post code .....

Email .....

Phone .....

Payment enclosed £ .....

Please state any special dietary requirements (e.g. vegetarian)

.....

**Message:** Please book in advance, directly with Debbie Lawrence (details over).

\*non-refundable

## Sasha Norton

Sasha has been teaching yoga classes in and around Oxford since 2003. Her preference is for a strong, energetic style of yoga leading to deep relaxation and meditation. She is accredited with the Yoga Alliance at the 200hr level and is a level 2 member of the Register of Exercise Professionals.



### Contact & booking

Book directly with Sasha:

Tel. 07710 237162

Email [sasha.norton@yahoo.com](mailto:sasha.norton@yahoo.com)

Web [www.sashanorton.co.uk](http://www.sashanorton.co.uk)

## The yoga weekend

This retreat is suitable for those who have already done some yoga and who are looking for an immersive experience away from the usual demands of daily life.

### How to find St. Katherine's

From the road between Stokenchurch and Marlow (B482), at Lane End, take the turn towards Freith. Follow the road until it turns into a



winding single track lane and St. Katherine's is signposted on the right.

Tel. 01494 881037 [www.srpf.org.uk](http://www.srpf.org.uk)

## Yoga Retreat Weekend

### With Sasha Norton



April 27-30 2012, from £295

At St. Katharine's, Parmoor,  
Freith, Henley-on-Thames RG9 6NN



A weekend of yoga, relaxation, tranquillity, home-cooked food and optional massage

Book with Sasha on 07710 237162

[sasha.norton@yahoo.com](mailto:sasha.norton@yahoo.com)

[www.sashanorton.co.uk](http://www.sashanorton.co.uk)