

# **YOGA and HEALTH for EVERYONE**

with **Ruth and Roland White**

**Saturday 7th – Sunday 8<sup>th</sup> July 2012**



## **Heythrop Park Resort**

Enstone  
Oxfordshire  
OX7 5UF

**All levels of Ability welcome from Advanced to Beginners**

### **Accommodation**

Heythrop Park, an 18<sup>th</sup> Century country mansion originally built for the Earl of Shrewsbury, is set in the heart of the Cotswolds. Standing in its own extensive landscaped gardens, the house boasts luxurious surroundings with excellent indoor heated pool, which you are free to use at any time, towels are provided. The buffet cuisine is delicious and plentiful with a wide choice available for all, including vegetarians, wheat free and dairy free. Saturday evening's dinner will be waiter service.

### **Ruth White**

Ruth teaches with enthusiasm and a sense of fun, and brings the same warmth and clarity to her talks and demonstrations. She is well known for her attention to detail and has the ability to enable people to see through their limitations, achieve their full potential and experience a sense of freedom.

### **Roland White**

Roland played professional sport and has added to this experience first as a personal trainer then with Chek nutrition and lifestyle coaching. He has developed a unique and very effective system of improving your Lifestyle, Exercise, Nutrition, Sleep and Overall Wellbeing.

### **Cost**

The full cost of the two day weekend is £220.00, which includes one night's accommodation, your meals, personal consultation and tuition. Non-residents are also welcome at a cost of £87 per day, inclusive of two meals each day. Accommodation is available at the hotel on Friday night, please contact the hotel direct for further details. Breakfast is available on Saturday morning for £7.50

### **To Book**

Please send a non refundable deposit of £100 for a residential place or £50 for non residential days. Cheques payable to R White please. Bank details s/c 400401 a/n: 9174 4364

### **Requirements**

Mats will be provided but bring swimsuit and walking boots. Towels are provided.

**Suggested Programme**

# Suggested Programme

## Saturday 7th July

11.30 Yoga  
1.00 Lunch  
2.30 Consultation/Walk/Yoga  
4.00 Break  
4.30 Yoga/Consultation  
6.00 Meditation  
7.00 Dinner  
8.15 Talk

## Sunday 8th July

8.00 Yoga and Pranayama  
9.30 Breakfast  
11.30 Workshop  
1.00 Lunch  
2.30 Consultation/Yoga/Swim  
4.00 Break  
4.30 Yoga  
6.00 Farewell

### TRAVEL

**Car:** Directions available upon booking to Heythrop Park Resort, Enstone, Chipping Norton, Oxon OX7 5UF

**Train:** Nearest Station is Charlbury from where you can be picked up (train time given on booking). It is 1.5 hours from Paddington.

Roland White  
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