

# Iyengar Yoga Weekend Retreats with Hannah Lovegrove at Briarfields - Titchwell - Norfolk

Friday 9th - Sunday 11th March 2012 and  
Friday 9th - Sunday 11th November 2012



*"Words cannot convey the value of yoga -  
it has to be experienced"*

B.K.S. Iyengar

A weekend retreat to leave you feeling relaxed and revitalised on the unspoilt and calming north Norfolk coast .

Treat yourself to a weekend of yoga, relaxation and delicious food at The Briarfields, Titchwell.

- **£250 p/person based on two sharing**  
Inc accommodation/meals/tuition/talks/food demo
- **£300 single participant**  
Inc accommodation/meals/tuition/talks/food demo
- **£210 non-participating partner**  
Inc accommodation and meals only
- **£75 non-resident Saturday Only**  
Inc Intro/5 Hrs Yoga/Breakfast/Lunch/Talk/Food Demo



## Serenity-Natural Healing Centre

also be available for the weekend at additional costs.

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

Tel:01485 535321 e:[info@serenitynaturalhealing.co.uk](mailto:info@serenitynaturalhealing.co.uk)

Holistic Therapies with common theme of treating your mind, body & spirit, experienced team of therapists offering the best advice & treatment for your particular needs.

The Briarfields, Main Road, Titchwell, King's Lynn, Norfolk, PE31 8BB

Telephone: 01485 210742 email: [info@briarfieldshotelnorfolk.co.uk](mailto:info@briarfieldshotelnorfolk.co.uk) web: [www.briarfieldshotelnorfolk.co.uk](http://www.briarfieldshotelnorfolk.co.uk)

# Iyengar Yoga Weekend Retreat with Hannah Lovegrove at

## Briarfields - Titchwell - Norfolk

Friday 9th - Sunday 11th March 2012 and

Friday 9th - Sunday 11th November 2012

### Yoga Weekend Itinerary:

#### Friday:

3pm-6.30pm	Arrival Treatments available (not included)
6.30pm	Welcome & introduction by Hannah Lovegrove With a glass of Prosecco or Fruit Juice
7pm-9pm	Dinner-Select 3 Courses from the menu

#### Saturday:

8am-9.30am	Yoga with Hannah Lovegrove
9.30am-10.30am	Breakfast
11am-1pm	Yoga & Relaxation with Hannah Lovegrove
1pm-2pm	Lunch-Vegetarian buffet
3pm-5.30pm	Treatments (Pre-book, not included) Massage Workshop &/or Free Time
4pm-5pm	Cookery Demonstration
5.30pm-7pm	Yoga with Hannah Lovegrove
7.30pm-9pm	Dinner-Select 3 Courses from the menu

#### Sunday:

8am-9.30am	Yoga with Hannah Lovegrove
9.30am-10.30am	Breakfast & Checkout Bedrooms
11am-12.30am	Walk on North Norfolk Coast (weather permitting)
1pm-2pm	Sunday Lunch-2 Courses (Vegetarian Option available)

N.B.: Walking boots are essential; yoga mats are available on request at time of booking



### Serenity Price List:

- **Advanced Bowen Technique (NST) (60 Mins)** £35
- **Crystal Healing (60 Mins)** £30
- **Reflexology (60 Mins)** £30
- **Aromatherapy**
  - Full Body Massage (90 Mins) £40
  - Full Body Massage (60 Mins) £30
  - Neck & Shoulder Massage (30 Mins) £20
- **Hot Stone Massage**
  - Full Body Massage (90 Mins) £40
  - Full Body Massage (60 Mins) £30
  - Neck & Shoulder Massage (30 Mins) £20
- **Deep Tissue Trigger Point Massage/ Swedish Massage**
  - Full Body Massage (90 Mins) £40
  - Full Body Massage (60 Mins) £30
  - Neck & Shoulder Massage (30 Mins) £20
- **Reiki (60 Mins)** £30
- **Hopi Ear Candling (60 Mins)** £35
- **Indian Head Massage (60 Mins)** £30
- **Acupuncture**
  - Initial Consultation & Treatment (90 Mins) £48
  - Subsequent Treatment (60 Mins) £40
  - Facial Acupuncture (60 Mins) £40
- **Readings**  
(Please enquire what is being offered & tariff)

Please call **Serenity** on **01485 535321** to book appointments to avoid disappointment on the weekend.



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