

Iyengar Yoga Weekend Retreat with Hannah Lovegrove at Briarfields - Titchwell - Norfolk Friday 11th- Sunday 13th November 2011



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

B.K.S. Iyengar

A pre Christmas weekend retreat to leave you feeling relaxed and revitalised before the Christmas rush.

Treat yourself to a weekend of yoga, relaxation and delicious food on the unspoilt north Norfolk coast

- **£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
- **£50 non-resident Sunday Only**
Inc Intro/1.5 Hrs Yoga/Breakfast/Walk/Lunch



Serenity-Natural Healing Centre

will also be available for the weekend at additional costs. www.serenitynaturalhealing.co.uk Tel: 01485 535321

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 web: www.briarfieldshotelnorfolk.co.uk

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Yoga Weekend Itinerary:

Friday 11th November:

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 12th November:

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) Nutrition Talk &/or Relaxation
4pm-5pm	Food Demonstration-Vegetarian Christmas
5.30pm-7pm	Yoga with Hannah Lovegrove
7.30pm-9pm	Dinner-Select 3 Courses from the menu

Sunday 13th November:

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)



Serenity Price List:

- Hypnotherapy + (NLP) (60 Mins) **£45**
- 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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