

# ULTIMATE LUXURY WEEKEND YOGA RETREATS



IF DOWNTON ABBEY RAN A YOGA RETREAT ...



18th- 20th March '16 | 3rd – 5th June '16 | 11th – 13th Nov '16  
Near Dorchester - Dorset  
Soul Retreats & Laura Green Yoga

- 4 Yoga Classes (Vinyasa | Restorative | Yin) suitable for Beginners to Advanced Students
- Introduction to Meditation Session
- Raw Chocolate Making Workshop
- Onsite Massage Therapist, Sharon May, available for an extra treat
- Guided Nature Walk in the stunning 10 acre grounds
- Home cooked, Healthy & Delicious Cuisine (Vegetarian and Non-Vegetarian Options)
- Welcome Cocktail & Canapés, 2 Dinners, 1 Lunch, 2 Breakfasts, Afternoon Tea & Cake
- Luxury Bedrooms with Private Bathrooms
- Spacious Leisure Time to do whatever feeds your Heart & Soul
- Arrive anytime after 4.00pm on Friday. Depart 10.00am on Sunday after Yoga and Brunch

Come and escape with Laura on this all inclusive retreat from £285 - £400/person

## THE RETREAT



Give yourself a treat . . . book a Luxury Yoga Retreat at the truly lavish Old Manor, Dorset. A weekend yoga retreat is the perfect chance to get away and make the most of some precious 'me time'. Delight in the replenishing and revitalising benefits of inspiring yoga, raw chocolate making, delicious food, guided walks and meditation. Your Retreat Leader, Laura Green, is an international Yoga Teacher and Founder of Soul Retreats. She leads life inspiring adventures through yoga classes, workshops and retreats. Blending expert yoga tuition with life affirming tools to empower men and women to live the life they want.

## THE YOGA

Laura's passion is making yoga accessible to everyone and classes are tailored to meet every individual's needs whether a beginner or experienced student. On this retreat you can partake in 4 yoga classes experiencing 3 different yoga styles. The morning yoga is the more dynamic and uplifting Vinyasa Flow Yoga designed to reconnect you with your heart fire and spark your passion and enthusiasm for the day whilst the evening practises are deeply relaxing and rejuvenating blends of Restorative Yoga and Yin Yoga.



## THE VENUE



A stunning 5 star 13th Century Manor House set in 10 Acres of grounds and renovated to provide modern day comforts and old world glamour, think Downton Abbey. With large and opulent bedrooms all with private bathrooms, multiple reception rooms with large sofas and roaring log fires simply awaiting you and a good book. Set in the stunning countryside of Dorset, just 20 minutes from the world famous Jurassic Coast. A 1 hour drive from Southampton or 2.5 hours from London, accessible via public transport. This is a truly special venue making for a memorable and inspiring weekend away.

## THE FOOD

The food is always a highlight at Soul Retreats, inspired by fresh, seasonal and organic produce. We cater for both Vegetarians and Non Vegetarians. The mission of our onsite Chef is to provide food that is not only delicious but healthy and nutritious with surprising treats and delights to tantalise the taste buds. You'll leave inspired to try new things with recipes to take home and ideas to revitalise your diet and prolong the retreat experience.



## GUEST REVIEW

"My 'Soul Retreats' yoga retreat was the experience of a life time! Not having done yoga before this was a life changing experience. Laura is an incredible teacher, leading me into the practice of yoga along a welcoming, deep and practical path. Although the core of the retreat was yoga there was also much laughter, good food and just the right number of other activities." Mark Eyles

## NEED MORE PAMPERING?

In case you fancy a little extra indulgence and pampering we have an onsite massage therapist offering 30 minute treatments. These are offered as additional extras which can be booked once you arrive and are £30 for 30 minutes.

Come and escape with Laura on this all inclusive retreat prices range from £285 - £400 pp.

# Booking – Go on Treat Yourself:

I'd love you to join me on this '[Soul Retreats Weekend Retreat](#)'. This retreat ranges from £285 - £400/person dependant on accommodation selection – see below. Please return the booking form below and the signed terms and conditions along with a **non-refundable deposit** of £150. Either email ([laura@lauragreenyoga.co.uk](mailto:laura@lauragreenyoga.co.uk)) or post the booking form, and pay the deposit with a bank transfer or cheque (payable to 'Laura Green'). Contact Laura for BACS details.

\*\*Outstanding balance must be received no later than 8 weeks before departure date.

Name:

Email:

## Which Weekend?

18th- 20th March '16 | 3rd – 5th June '16 | 11th – 13th Nov '16

Dietary Requirements:

Comments:

## Single Traveller

Single Room Options:

- £400 Ultimate Luxury Master Suite – Single Occupancy
- £350 Luxury Suite – Single Occupancy

Sharing Room Options:

- £325 Twin Room sleeping in Double Bed
- £295 Twin Room sleeping in Single Z-Bed
- £305 Triple Room sleeping in Single Bed
- £285 Triple Room sleeping in Single Z-Bed

## Couple Travelling Together

- £650/couple Ultimate Luxury Master Suite
- £525/couple Luxury Suite

## Terms & Conditions

I understand and acknowledge the fact that in Yoga, as in other forms of exercise, there are certain inherent risks. I voluntarily participate in the retreat, yoga classes and other programs offered by Soul Retreats Ltd, and agree to assume full responsibility for all risks, injuries or damages, known or unknown, which I might incur as a result of participating in said programs offered by Soul Retreats.

I understand that it is my responsibility to consult with my health care professional in regard to my participation in the retreat, yoga classes or other programs offered by Soul Retreats Ltd.

(Please tick here to confirm you have read, understood and accept the above)

**Cancellation Policy** - In the event of cancellation:

90 days or more prior to retreat: your entire payment will be refunded, less £150 deposit.

89 – 40 days prior to the retreat: Payments are non-refundable but are transferable (less £150 deposit) to a future Soul Retreats event.

39 days or less prior to the retreat: Payments are non-refundable unless you can find someone to take your spot (less £150 deposit)

In the unlikely event that Soul Retreats Ltd would need to cancel a holiday, full refunds will be given for any money paid to Soul Retreats Ltd up to the date of cancellation. No responsibility can be taken for travel booked or any other costs incurred.

I have read and understood the above and agree to the terms and conditions outlined herein.

(Please tick here to confirm you have read, understood and accept the above)

Date:	Your Signature:
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