



Down to Earth Yoga Retreat Conygree Farm in the Cotswolds

Friday 19th August to Sunday 21st August 2022

INTRODUCTION

We are excited to co-curate our first yoga retreat this summer at Conygree Farm in the Cotswolds, inspired by the nurturing and restorative power of nature

Come on your own, with your partner or friends, and enjoy two relaxing days of yoga, meditation and pranayama in our beautiful tipis and flower rich meadows. Experience a gong bath, and a farm and woodland walk. Thrive in good company, connect with nature, and take time out to just be. Rest in your comfortably furnished bell tent.

We shall be serving delicious and nutritious food using fresh ingredients from the farm, our organic market garden and local suppliers who share our regenerative ethos.

Prices start at £340 per person – all accommodation, food and sessions included

Your weekend will be created and led by Sue and Claire, our inhouse, experienced and qualified yoga instructors. They will safely guide you through the sessions in their friendly, down to earth style. The retreat is for all abilities, each asana is what you want to make it and taking a rest in Child's Pose is always an option. The team at Cotswolds Under Canvas; Mel, Jonty and Pux will make sure your stay at the farm runs smoothly.



This retreat will give you the opportunity to reconnect to nature through food, sound, movement and deep relaxation. You will return home feeling more open hearted, clearer of mind and rejuvenated.



THE WEEKEND

Arrive Friday 19th August from 3pm

You will be met by the team at Conygree Farm with tea and treats. Then you can find your lovely glamping bell tent – settle in and enjoy the surroundings, the countryside and the relaxing yoga space in the giant tipis.

- 5.30pm: Welcome, introduction to the farm and group connection
- 6.00pm: Slow Flow Hatha class, pranayama and meditation
- 7.30pm: Dinner will be served – We will ensure any dietary requirements are met using produce from the farm and local suppliers. Then all you need to do is relax and unwind in this special place.

Saturday 20th August

- 8.00am: Enjoy a fresh nutritious breakfast.
- 9.00am: Join Jonty and Mel for an inspiring and connecting farm walk – see the animals, wildflowers, woodland and market garden.
- 10.30am: Grounding and connecting Hatha yoga practice, followed by a deeply meditative Gong sound bath, enabling deep healing and promoting a sense of well-being and inner peace.
- 1.00pm: A scrumptious lunch will be served.

Choose what you would like to do afterwards, with options of exploring the area. We're hoping to have a masseuse on site which you can book separately (details to follow) or relax and recharge. Time to reflect, read and simply enjoying your surroundings.

There will also be an opportunity to see more of the farm throughout your time here; pick your own veg and learn more about gentle living.
- 5.00pm: Energising and dynamic Vinyasa Flow with a fun, playful vibe.
- 7.30pm: Dinner will be served.

After dinner, enjoy connecting with each other and sharing stories in front of the fire-pit or relax and read a book – whatever your body needs. DJ Jonty might even play some tunes to unwind to!

You can help yourself to refreshing drinks during your stay and feel free to bring your own acholic tippie if you desire – you can pop it in our chiller if needed and we will have ice.



Sunday 21st August

- 8.30am: A light breakfast.
- 10.30am: Hatha and Restorative yoga.
- 12.00pm: Meditation and reflection.
- 1.00pm: Little Pickle picnic followed by fond farewells.

ACCOMMODATION OPTIONS

Type	Ideal for	Price (incl. VAT)
Luxury 5 metre bell tent with twin beds	Friends who are happy to share	£340pp
Luxury 5 metre bell tent with double bed (single occupancy)	One person wanting a big bed and bell tent to themselves	£440pp
Luxury 5 metre bell tent with double bed (double occupancy)	Couples and close friends	£340pp
Luxury 6 metre bell tent with king size French bed, sofa and wood burner (double occupancy)	Couple seeking something extra special	£370pp

YOUR BELL TENT



Our luxury bell tents are complete with super comfy mattresses (doubles or twin), bed frames, cotton bedding, pillows, rugs and all the glamping extras including fairy lights.

Our special 6m bell tent also has a king-size French bed, sofa and log burning stove with a supply of logs.

We have hot showers in the 'stables', with a 'beauty room' to plug in your styling equipment. There are outdoor washing up facilities, a walk in chiller to keep any drinks or snacks in and a posh toilet block!



YOUR YOGA HOSTS



Sue (on the right 😊)

Sue started Sukha Hatha Yoga because she needed time for herself and wanted to make life calmer and less busy both in mind and body which she found in yoga. She says that yoga is her medicine and provides her with strength, focus and positivity with time to rest and recharge, Yin and Yang.

Sukha is a Sanskrit word, meaning to be in a good space in a lasting state of happiness. Sukha can be translated as happiness, ease or bliss. This is what Sue aims to do in her yoga classes; a happy, easy experience. Just as the retreat says, Down to Earth Yoga!

Claire (on the left 😊)

Claire's yoga journey started from wanting to find a low impact form of exercise, but she soon realised and learned about all the wonderful benefits a yogic lifestyle can bring to both ourselves and the world around us.

Claire enjoys sharing her ever-evolving yoga journey with others as a path to help them find their body-mind connection, emotional resilience, and peace through fun and light-hearted asana and pranayama practices.



BOOKING

To ask further questions and to register your interest – please email us at info@cotswoldsundercanvas.co.uk

To book – we will send you full booking/payment instructions and T&Cs once you have registered your interest. We will ask you to fill out a form with any health /dietary requirements. We will also register your interest in booking a massage on the Saturday afternoon. We will then send final joining instructions 2 weeks before.

To talk to Claire please phone 07540 791478.

WHERE

Learn more about the farm here: www.conygreefarm.co.uk.

Our address is: Conygree Farm, Aldsworth, Cheltenham, Glos, GL54 3PW.

If you need picking up from a nearby train station (Kingham or Cheltenham) we can do this for you.



**We look forward to welcoming you to our Down to Earth Yoga
Retreat and the farm**