

Accommodation



A blend of contemporary and traditional, Henlow has 71 luxurious rooms all designed with your comfort in mind, some overlooking the peaceful river and the fast-flowing weir. Relax in the comfort of your room, a tranquil haven within this truly beautiful country retreat.

All rooms are en-suite (with a complimentary collection of mini toiletries), have a flat screen television and DVD, kettle, hair dryer and telephone.

Cost £410 sharing / £440 single

Includes: accommodation, yoga and meals. Use of spa facilities

Not included: treatments, massages, one-to-one private tuition

You will automatically be given a single room unless you specify otherwise

Non yoga partners and friends sharing your room £360

Getting There:

By Train: on a direct rail line from London the nearest train station is Arlesey, a 5 minute drive away. Trains to Hitchin are more frequent, just 10 minutes away .

By Car: either visit the Champneys website for travel directions or we can send you details by post on request



Transfers:

For those arriving by train you will need a taxi transfer.

There will almost certainly be other yoga students on the same train whom you can share your taxi with - look for people carrying yoga bags



**To reserve your place, or for more information, contact the Free Spirit Travel office:-
01273-564230 email: info@freespirituk.com
www.freespirtityoga.co.uk**

Iyengar Yoga with Angela Hulm



Champneys Spa Henlow Grange

**October 9th - 11th 2020
£410 Sharing / £440 Single**



Iyengar Yoga with Angela Hulm



Angela Hulm has practised Iyengar yoga since 1980, and taught in schools, and colleges for over 30 years.

She supports you to practice gently, or to challenge your self, with deeper practices and a fuller range of postures.

Warm hearted, passionate and knowledgeable; Angie will help you to learn how to practice Iyengar yoga.

She attends regular classes with senior Iyengar teachers, and in 2016 was taught at Rimyi in Pune, India the home Iyengar yoga

About Iyengar Yoga - The Iyengar method of yoga is named after our teacher Yogacharya Sri B.K.S. Iyengar. His teaching style helps you focus on correct alignment of the body in poses, ensuring you're working safely, with maximum benefit to your flexibility, strength and wellbeing.

Classes generally start with simple poses and gradually move towards more advanced poses, ending with a period of relaxation. Props, such as blocks and belts may be used to enable you to work correctly and achieve your full potential.

The postures are very precise and you will be guided through them by Angela who is qualified to make appropriate adjustments for different physiques. You will leave the class feeling lighter and calmer. The benefits of Iyengar yoga are greater flexibility and strength, and better physical health.

As you continue with your practice, psychological and spiritual benefits begin to appear.

Our Weekend:

Friday	Saturday	Sunday
2 pm onwards	7.30 - 9.00	7.30 - 9.00 am:
Check in	Yoga Workshop	Yoga Workshop
Relax and enjoy the facilities	9.00 - 10.00 am: Breakfast	9.00 - 10.00 am: Breakfast
	1.00 - 2.00 pm: Lunch	12 - 2.00 pm: Lunch
4.00 - 6.00pm:	4.30 - 6.00 pm:	4.00 pm: Depart
Yoga	Yoga Workshop	
Welcome/Workshop		
7.30 Dinner	7.30: Dinner	

Additional information

The Venue

Henlow has a 50 year history as a health farm and has been a centre of peace for centuries. Cistercian Monks once occupied The Grange, building the spectacular weir on the River Hiz that flows close to the house today. Over eighty indulgent spa therapies are available

Just an hour from London and nestled in 150 acres of parkland Henlow is an ideal country escape, and a perfect pampering retreat.

Things to do

You can relax in the steam room and Jacuzzi, take a dip in the huge swimming pool, visit the fully equipped gym or participate in some of the many classes that take place each day. Classes range through hula hooping, spinning, aqua classes and Pilates

Each of our guests has one Thalassotherapy session included in the cost of the weekend. A mineral rich warm pool with hydrotherapy jets to stimulate and tone tired aching muscles. Excellent for treating cellulite, arthritis and general muscular and joint aches and pains. N.B This is a group treatment

To make the most of the breathtaking grounds you can enjoy a bike ride, guided ramble or power walk, a game of tennis, or go jogging. Please book bikes and tennis courts with reception.

Food

The food is plentiful, delicious and served buffet style in the restaurant. You may have breakfast and lunch in your robe, please wear regular/more formal clothes for dinner (i.e. not your robe or yoga clothes).

Should you feel 'peckish' outside of mealtimes there is a small coffee/tea lounge in the conservatory overlooking the pool close to the restaurant.

