



Iyengar Yoga Weekend Retreat with Angie Hulm at Oxon Hoath Country Estate

Hadlow, Tonbridge TN11 9SS, UK
Fri 8th -Sun 10th October 2021



Take a break from the stress and strain of daily life, with a two-day yoga retreat. Refresh yourself with Angie, we will enjoy the whole house to ourselves. Make space and time to relax and restore, so you can explore inside and out; enjoy the luxury of superb home cooked local produce. Oxon Hoath provides quiet, comfortable surroundings, stunning views, and walks. It is the perfect place to enjoy peace and tranquillity, 45 minutes south-east of London.

About The Event

Develop your Iyengar yoga practice so you experience the full benefits of an intensive weekend retreat. You will both be challenged and learn to relax more completely.

Delicious vegetarian meals prepared throughout your stay with home grown organic vegetables and fruit from the estate's own walled garden.

Most bedrooms retain the original manor house proportions and enjoy spectacular views of the grounds. The majority are twin/double rooms. Some are en suite, others have allocated bathrooms nearby.

Yoga Timetable

Friday 6pm General/Restorative class 60 mins

Saturday 7.30am Pranayama 30 min 11am Asana class
6pm Asana class 90 min

Sunday 7.30am Pranayama 11am Asana class 90 mins





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What's included

2 night's accommodation Friday and Saturday
4 Asana classes and 2 Pranayama classes
3 vegetarian meals a day from Friday dinner to
Sunday lunch



Breakfast 8:30am

Lunch 1pm

Dinner Fri 7:30pm, Sat 7pm

What to bring Please bring your own bath towels. You will need to bring your own yoga kit.



Bookings

Debit or credit card bookings available on
ahyoga.org.uk

Shared spacious room with 5 single beds
£275pp

Shared triple, twin or double bed £300pp

Shared twin or double with en suite £350pp

Single without en suite £375

Single with ensuite £395

Group booking £1000 for 4 people sharing a room.



Book with confidence as now you may transfer your booking to another date or receive a full refund if the weekend is unable to go ahead. Covid secure procedures will be updated before the event.

