

Iyengar Yoga Weekend Retreats

Oxon Hoath Country Estate

Hadlow, Kent TN11 9SS



www.oxonhoath.co.uk

Develop an Iyengar yoga practice and experience the full benefits of an intensive weekend retreat. You will both be challenged and learn to relax more completely. Oxon Hoath is the perfect place to enjoy peace and tranquility, 45 minutes south-east of London.

A treasure trove of history and nature, the 73 acre Oxon Hoath estate is an outstandingly serene retreat environment.

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

Iyengar Yoga Weekends

What's included

- 2 night's accommodation
- 3 vegetarian meals a day from Friday dinner to Sunday lunch with produce from the walled gardens
- 4 Asana classes plus
2 Pranayama classes

Friday

- Arrival from 4pm to 6pm
- General/Restorative class 60 mins

Saturday

- 7.30am Pranayama 30 mins
- 10.30am Asana class 90 mins
- 5.30pm Asana class 60 mins

Sunday

- 7.30am Pranayama 30 mins
- 10.30am Asana class 90 mins
- Depart by 4pm

Accommodation

Single and shared rooms, some with en-suite facilities. Many retain their original manor house proportions, and enjoy spectacular views.

48 hour weekends cost from £275 to £395 depending on room and facilities.



Book Online www.ahyoga.org.uk
Contact Angie at angelahulm@gmail.com
or telephone 07771 565046

 [Instagram.com/Angelahulm](https://www.instagram.com/Angelahulm)

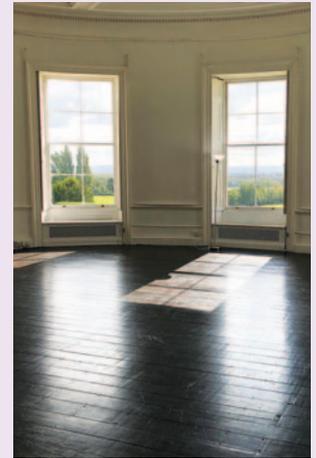
 www.facebook.com/AHYoga

Friday 8th - Sunday 10th October 2021

Angela Hulm MBA DipM CertEd; Level 2 Iyengar Yoga Teacher

Angie, has practised IYENGAR yoga since 1980, and taught in schools and colleges for over 30 years She qualified as an Introductory IYENGAR yoga teacher in 2005, and as a Junior Intermediate Level 1 teacher in 2008 so she can support you to practice gently, or to challenge your self with deeper practices and a fuller range of postures.

Angie lives in Bromley, Kent and teaches in local halls but also has a fully equipped At Home yoga studio with dwi pada viparita dandasana bench, rope wall and yoga swings. 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 RIMIYI in Pune, India the home Iyengar yoga.



Friday 26th - Sunday 28th November 2021

Lydia Holmes and Edgar Stringer are both

Level 3 teachers and assessors for IY(UK)

Linda and Edgar discovered Iyengar Yoga in 1991 at Manchester University and trained as teachers with Jeanne Maslen at MDIY. They now teach Yoga in Wiltshire area and music centres under the name Yogatree. They have travelled to India regularly, visiting Pune to attend classes with the Iyengar Family.

"I loved the workshop. Felt they took real care with the injuries I have. I felt also stretched and challenged. They work very well as a team and bring different styles to the session. I would definitely recommend them to other people."

Sue from Manchester

