



Join us for the Early Spring Healing Yoga Retreat with Vera Dubrovina-Thompson (Haven Hall, Isle of Wight, 2-4 March 2018)

Connect to the calm and tranquillity of the retreat settings in a beautiful country side through deepening of your yoga experience. Use this rare opportunity to escape the demands of daily lives to rejuvenate your body with energising spring practices, rest your mind through immersion into meditation and yoga nidra (yogic sleep) and find stillness within to allow you to be present in every moment.

Retreat's schedule, settings and venue:

Retreat is open to all levels of practitioners. There will be over ten hours of tuition during the weekend including two daily dynamic sessions, meditation and deep relaxation practices. You will also have free time to explore the beautiful nature of the island, play tennis or croquet at the Hall or just relax. *Haven Hall* is a unique boutique B&B set on the Isle of Wight only 2 ½ hours by train and ferry ride from London. The Hall and its beautiful cliff top gardens with extensive sea views make it the perfect venue for peace, contemplation and calm. Each luxurious ensuite bedroom has been renovate to the highest standard where an elegant period style seamlessly meets modern conveniences. For more information, check the website: <https://www.havenhall.uk>.



Retreat's teacher:

Vera has been practicing yoga since 1992 and teaching from 2004. She holds teaching diplomas from British Wheel of Yoga, Birthlight and Yoga Therapy Diploma. Her creative approach is drawing on many traditions but heavily influenced and inspired by the teachings arising from Sri Krishnamacharya's lineage such as Viniyoga, Iyengar and Ashtanga. Her lessons are guided by her studies with Sylviane Gianina, Burgs and Shiva Rea, structured around meditative flow based practice and tuned to the individual needs.

Retreat's costs: £400 per person (in twin room shared accommodation). The costs will include all meals and accommodation, all yoga tuition fees and full use of facilities. To secure a place, a non-refundable deposit of £150 needs to be paid via electronic transfer by 15 December 2017 and the remaining balance by 15 January 2018. To book your place, please contact Vera on 07957468895 or send email to info@veradubrovina.com.