



## Join us for the Spring Yoga Retreat with Vera Dubrovina (Inner Guidance Retreat Center, Lavenham, Suffolk, 26-28 April 2019)

*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 rejuvenating 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. *Inner Guidance Retreat Centre* is a unique and dedicated holistic centre set up in a 500 year old Grade II listed building, surrounded by three acres of gardens and only 1 ½ hours by train from London. You will have a chance to explore beautiful Suffolk countryside, walk in spiritual labyrinth and enjoy delicious vegan meals (free from preservatives, wheat, gluten, sugar and dairy). See more on: <https://innerguidance.co.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. 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:** starts at £420 per person with final price depending on use of shared or ensuite bathroom. The costs will include shared twin bedroom accommodation, all meals, yoga tuition fees and full use of facilities (massages or private sessions can also be booked separately). To secure a place, a non-refundable deposit of £150 needs to be paid via electronic transfer by 15 January 2019 and the remaining balance by 15 March 2019. To book your place, please contact Vera on 07957468895 or send email to [info@veradubrovina.com](mailto:info@veradubrovina.com).