



Join us for the Summer Yoga Retreat with Vera Dubrovina (Mill Retreat Center, Normandy, France 8-11 July 2021)

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 dynamic yoga 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 set in a beautiful location to give you a chance to deepen your practices whilst giving you time to rest and reflect. There will be over fourteen hours of tuition during the three days including daily dynamic sessions, meditation/mindfulness practices and deep relaxation (yoga nidra). *The Mill Retreat Centre* is a dedicated site set in 30 acres of stunning grounds with a spectacular 10 acre lake, a beautiful river running underneath the centre and views of enticing woodland. The setting allows you to enjoy the nature and deeply relax whilst being only five hours away (by car) from London.



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: The cost for the weekend starts at £460 including accommodation, all meals, yoga tuition fees and full use of facilities. To secure a place, a non-refundable deposit of £250 needs to be paid via electronic transfer by 1 December 2020 and the remaining balance by 1 April 2021. Transportation can be arranged directly from London (£85 return by minibus, booked by 15th Dec 2020). To book your place, please contact Vera on 07957468895 or send email to info@veradubrovina.com.