

**Darlington Yoga Group Residential Weekend
with
Zoe Knott
Cober Hill, Cloughton, Nr. Scarborough
Friday 19th - Sunday 21st March 2010**

This will be an enjoyable weekend suitable for all levels of ability. Zoe will be accompanied by her husband Hugh, also a BWY teacher. Between them they have over 40 years of yoga practice, studying with many different teachers from a variety of traditions. They are particularly interested in safety in posture work and have developed a style of working with strength in asana to protect the body from stress. Zoe is a BWY Diploma Course Tutor, writes articles for Spectrum magazine and teaches around the country. Zoe and Hugh's theme for the weekend which has also been their theme for teaching at Congress and Spectum articles is:

All things are possible, let's take the first step.

We will consider some of the more challenging asana and use our usual approach which is 'The Journey Towards.....'

Cober Hill is a large country house set within beautiful well tended grounds with views of the sea. It has a large room for yoga practice, a comfortable lounge and single or twin en-suite accommodation. All meals are vegetarian unless otherwise requested on the booking form.

Price. Inclusive of tuition and full board from dinner on Friday to lunch on Sunday, £150 pp. for a twin room, £30 supplement for a single room.

To Book. We need a non returnable deposit of £50 ASAP. The balance of £100, or £130 for a single room to be paid by 5th February 2010.

In the event of cancellation we will aim to re-book the place and refund whatever is possible according to the length of notice given.

Bookings will be acknowledged by email or please enclose a SAE

Bookings and further enquiries to:

June Hirst, Cleasby House, Cleasby, Darlington, DL2 2QY

Tel: 01325 350160

Fiona Duke, 7 Watt Street, dean Bank, Ferry Hill, DL17 8PJ.

Tel: 01740 653621

DYG Booking Form for Cober Hill 19th - 21st March 2010

Name Email.....

or please send SAE

Address.....

Post Code.....

Tel.

.....

Accommodation Single Twin..... If twin please state who you would like to share with.

.....

Please state if you have any special dietary requirements

.....

I enclose a non refundable deposit of £50 (cheques payable to Darlington Yoga Group)

Signed.....