

Yoga weekend with Kirsten

19th - 21st May 2023 in beautiful ❤️ South Wales
Llwyn Celyn Bunkhouse, The Landmark Trust

What to expect:

Do you like the idea of an ashram style yoga weekend with like-minded people? Being away in quiet countryside doing loads of yoga, breath work, meditation, walking and enjoying plant-based food.

Cost:

£155 per person for members of HFC and £175 per person for non-members.

Fee includes accommodation, food and all yoga teaching.

You cover travel costs yourself, we can arrange car shares or it is easy to get there by train: Leeds - Manchester - Abergavenny.

The venue is only 20 mins. drive from the train station.

Venue:

The accommodation has small and basic bunkbeds and you will need to bring your own bedding and towel.

There are nice and clean toilets (3 in total; and 2 showers).

Lovely farm kitchen where we can prepare our meals and a stunning barn for yoga, meditation and dining.

Llwyn Celyn is perfectly positioned in quiet surroundings in the Brecon Beacons National Park - (6 Brynarw Estate, Cwmyoy, Abergavenny NP7 7ND).

Karma duties:

I buy groceries for all meals and set a plant based menu for us to enjoy. We all help each other with cooking and cleaning.

Booking/payment:

If you are a member of Horsforth Fitness Classes please contact me via email kirsten_steff@hotmail.com for a discount code.

Booking: www.thesportsashram.com

If you cancel more than a month in advance I will refund you 80% if you cancel less than one month in advance there will be no refund.

Schedule:
Friday
Arrival 4pm
Walk
Dinner
Yoga and meditation before bedtime

Saturday
Drink and light snacks
Yoga
Breakfast
Walk (we bring packed lunch)
Yoga
Dinner
Meditation before bedtime

Sunday
Yoga
Breakfast
Departure 10am

