

yoga retreats

to inspire & embrace the seasons

This is yoga for real people living in today's busy world. Come and be gentle to your body, open and release tension, learn relaxation and breathing techniques useful for daily life. This is a chance to have some space, peace, nurture the body and mind, and find the rhythm of the breath.

opening to springtime at minsteracres



Friday 11th - Sunday 13th March 2011

Minsteracres is a beautiful estate retreat between Derwent Reservoir and Corbridge. We will be practicing yoga in a ballroom with a celestial duck egg blue and gold ceiling and stunning views of the Northumbrian countryside.

enveloping yourself in autumn colours at shepherds dene

Friday 7th - Sunday 9th October 2011

Shepherds Dene is an Arts and Crafts Retreat House at Riding Mill with a walled garden, labyrinth, woodlands and views of the Tyne.

These weekends are suitable for absolute beginners and also those with yoga experience. All are welcome, men and women, all bodies and energies. The weekends are perfect to try if you have never been on a retreat before.

Costs: £245 for a single room, £215 sharing a twin.

The price includes all yoga, meals - supper on Friday through to lunch on Sunday and your accommodation for both nights.

your yoga teachers & hosts for minsteracres:

Christine Howitt

Christine has been teaching yoga for 18 years. She has been particularly inspired and influenced by the work of Donna Farhi, and regularly assists Donna on her Advanced Teacher Training Programme in New Zealand. As a teacher, Christine endeavours to share her experience with honesty and integrity, making the fruits of this practice accessible to everyone. Her teaching emphasises clarity and precision in alignment, in order to create the foundation for fluid integrated movement. Christine lives and works in Manchester and is a founder member of the successful Bodywise Alternative Health Centre.

Samantha Coe

Samantha is a fun, creative and empathic yoga teacher. Feel your body relax, elongate, release tension, and allow energies to flow. Samantha is interested in using lines of support and strength within the body to nurture posture in everyday living.

Lucy Schierig

Lucy enjoys restorative yoga. She likes nothing more (well perhaps many other things in parallel) than great nurturing relaxation sessions. She specialises in expansive breathing and relaxation classes, with her sparkly sense of humour and boundless bubble included.

Catherine Eve

Catherine loves practicing yoga and she will be helping on the retreat in very practical ways, by putting her heart and soul into creating a nurturing atmosphere for us all.

Treat yourself to Butterfly Yoga Retreats



Live, nurture and experience Butterfly through the opening and releasing of tension in the body. Connect body, mind and spirit through the breath. Learn relaxation and breathing techniques useful for daily life.

This is yoga for real people living in today's busy world. All are welcome on the retreat, men and women, all bodies and energies. These weekends are suitable for absolute beginners and also those with yoga practice experience. The retreats are perfect if you have never been on a yoga retreat before or want to try a gentle alternative experience. Yoga is personal and so we adapt it for all bodies. The participant numbers are limited at both so please let us know as soon as possible if you wish to reserve places by contacting samanthacoe@me.com 07875225758

For 2011 we have 2 yoga retreats for you:

Opening to Springtime at Minsteracres March 11th to 13th

Enveloping yourself in Autumn Colours at Shepherds Dene October 7th to 9th

Opening to Springtime

At Minsteracres March 11th -13th 2011

Come and develop your yoga practice in a ballroom with a celestial duck egg blue and gold ceiling and 180 degree views onto the gorgeous Northumbrian countryside. Minsteracres is near Derwent Reservoir off the A68. (see www.minsteracres.org). Opening the heart to yourself and those around you, releasing lightness in the body, developing flexibility combined with strength.

The Minsteracres Weekend Programme

This retreat is designed to be balanced. The wonderfully relaxed timescale of the yoga retreat allows you to do yoga that you cannot experience in a short weekly yoga class and you gain the benefits of a more sustained practice in the body, together with feelings of perspective, restoration and calm for the mind. Nothing will be forced, we will not be coming to fight with our bodies.

One of the defining features of spring is of movement and growth. In nature Sap is rising, new life cycles begin. We are not outside this influence of nature. Within us too, at this time, there will often be a desire to move change and grow. In Chinese medicine it is said that in spring we need to smooth the flow of Chi, (energy) in order to realise our aspirations and harness this strong vibrant spring energy. Over the weekend we will be exploring how we can allow movement to sequence clearly within the postures. We will explore our relationship to the ground and learn how we can use gravity to our advantage in order to promote the free flow of breath and prana in the body.

We will be using the standing postures and the sun salute sequence as a focus. We will be clarifying key transitional points within the sun salute sequence in order to create smooth, integrated movement.

Friday 11th March

4.30 - 5.00	Arrival (please let us know if you need a later arrival)
5.30 - 6.45	Opening Yoga Workshop
7.00	Dinner

Saturday 12th of March

7.30 – 8.45	Breakfast
8.45 – 9.45	Opportunity to let breakfast settle and have a short walk
9.45 – 12.45	Yoga with a theme of Opening to Springtime
1.00	Lunch
Time to just be:	a chance to romp in the hills, read, explore, write, paint or visit the tea emporiums of Corbridge
4.30 – 6.00	Restorative Yoga - Breathing and Relaxation
6.30	Supper and there is a bar and time to relax and socialise if you wish

Sunday 13th of March

7.30 – 8.45	Breakfast
9.45 – 12.45	Yoga with a theme of Opening to Springtime
1.00	Lunch and heading home

Your Yoga Teachers and Hosts:

Christine Howitt

Christine has been practicing Yoga for 24 years and teaching for 18. She initially trained within the Iyengar tradition and over the years has explored various methods of Yoga, as well as studying and practicing Chinese Medicine, which has enhanced her understanding of the body as an energetic system.

These influences have gradually been integrated into a deeper understanding of the practice of Yoga.

Christine has been particularly inspired and influenced by the work of Donna Farhi, whom she continues to study with, as well as regularly assisting Donna on her teaching visits in Europe and her Advanced Teacher Training Programme in New Zealand.

As a teacher Christine endeavours to share her experience with honesty and integrity, making the fruits of this practice accessible to everyone. Her teaching emphasises clarity and precision in alignment in order to create the foundation for fluid integrated movement.

Christine lives and works in Manchester. She is a founder member of the successful Bodywise Alternative Health Centre where she teaches regular classes and workshops, as well as leading Yoga retreats in Europe.

Testimonial from Donna Farhi, author of "Yoga Mind, Body & Spirit"

"Christine Howitt has a rare quality of quiet yet powerful presence. She is particularly perceptive in seeing a Yoga student's key alignment issues and being able to skillfully facilitate new possibilities for ease of movement. Her teaching is grounded and supported by the clear refinement of her own Yoga practice."

Samantha Coe

Samantha is a fun, creative and full of empathy yoga teacher. Come and experience her up beat, nurturing and inclusive style. Feel your body relax, release tension, allow energies to flow, elongate and glow.

Samantha is particularly interested in using lines of support and strength within the body to nurture posture in everyday living and using the rhythm of the breath to support peace and well being.

Lucy Schierig

Lucy loves restorative yoga. She likes nothing more (well perhaps many other things in parallel) than great nurturing relaxation sessions. She specialises in expansive breathing and relaxation classes, with her sparkly sense of humour and boundless bubble included.

Costs: £245 for a single room or £215 sharing a twin
The price includes all yoga, meals - supper on Friday through to lunch on Sunday and your accommodation for both nights in the beautiful 18th century main house in a stunning part of the world.

How to register for the retreats

Please print out, complete and return together with your payment, to the return address below. Your place will be confirmed when both the registration and your payment has been received.

Retreat Name:	Opening to Spring 11- 13 th March Minsteracres
(Please delete)	Enveloping yourself Autumn Colours 7-9 th October Shepherd's Dene - Riding Mill
Name	
Address	
Telephone Number	
Email contact	
Dietry requirements	
Late Arrival?	Yes / No
Single (£245) / Twin Room	
Twin (£215)	
Early bird: Single (£225) or Twin (£195)	

To book your place, please send cheque to:

Samantha Coe Yoga Retreat
12 Hawthorn Road West, Gosforth, Newcastle NE3 4DN

Retreat Fee £245 for a single room
 £215 for a shared room

Early bird discount: Payment by 21 January 2011: £225 single and £195 twin

Cancellation policy

Cancellation before 1 February 2011 will be refunded minus £45.

Cancellations after 1 February 2011 will only be refunded if your place can be filled from the waiting list; minus the £45 fee.

You may also pay in 2 installments – please ask