

The Mill Retreat Yoga Holiday with Sue Peggs and Sarah Waterfield  
12 -17 August 2012- Booking form

Name

Address

Telephone

Email

I also wish to book for my non yoga partner/friend and or child. Please give names of those accompanying you and in the case of children please state age where under 12.

All food will be vegetarian but please let us know any reasonable dietary requirements or allergies

**Room request (please tick)**

single room	<input type="checkbox"/>	Double room	<input type="checkbox"/>	Family/ Shared Room	<input type="checkbox"/>
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Travel - Tick if you are interested in a minibus  sharing travel with others

Price	Deposit	Postdated Balance	
Full Board and accommodation and tuition per person £500 /€580	£100 /€120	£400 /€460	
Non Yoga partner or friend Full Board and accommodation £385/ €445	£100 /€120	£285 /€325	
Children under 12 £175/ €205	£50 /€60	£125 /€145	
TOTALS			

I enclose a deposit cheque plus a cheque postdated for 6 July 2012 for the balance due payable to the 'Inner Yoga Trust'

Send an SAE if you want a receipt

**Please return form to Sue Peggs, 11 Briavels Grove, Bristol, BS6 5JJ**

If you would like to join the Inner Yoga Trust please contact the office on 01730 261001



# Yoga Holiday

*Moulin de Breteuil, Normandy, France*

*with Sue Peggs  
and Sarah Waterfield*

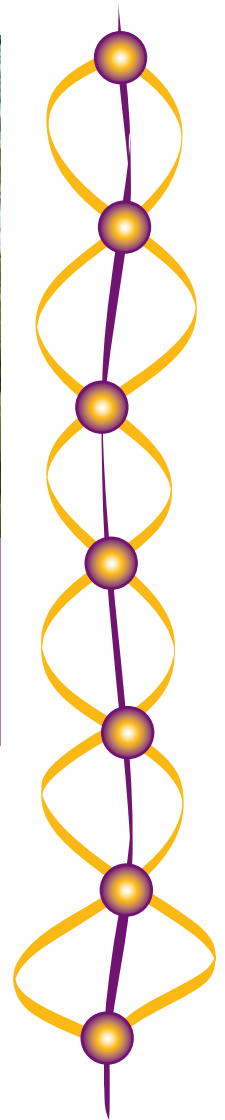
Sunday 12 to Friday 17 August 2012

Mill Retreat Centre, Moulin de Breteuil

Breteuil, Route Treport (D316), Montmarquet

Lafresguimont-St-Martin 80430

Nr Aumale, France



# Yoga

*events and workshops with the Inner Yoga trust*

telephone 01730 261001 or visit [www.inneryoga.org.uk](http://www.inneryoga.org.uk)

The Inner Yoga Trust, 17 Tilmore Road, Petersfield, Hampshire, GU32 2HJ registered charity no1068211



## The teachers

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Sue Peggs lives and teaches in Bristol. She aims to give people the feeling that they have exercised their body, refreshed their mind and had the opportunity to work on healing any physical or mental discomfort they experience in life. Sue brings a detailed knowledge of the body and the whole philosophy of yoga to her teaching. She trained with the Inner Yoga Trust and teaches on their teaching diploma course. Her recent study with Scaravelli teacher Sophy Hoare, combined with over ten years teaching experience brings depth and precision to her teaching.

Sarah Waterfield has been practising yoga since 1991 and teaching since 1999. Yoga is an ideal field for combining her interests in the body and mind, Indian philosophy, language and sound and her background in science and construction gives her a practical approach. Her own path in Yoga has been one of healing, empowerment and learning to see the wider picture. She hopes to facilitate others to find their own path in Yoga.

tel 0117 377 9638  
sue@inneryoga.org.uk

## A Yoga Holiday

Open to all, we are aiming for this to be an opportunity to relax and refresh yourself with a mix of Yoga, being looked after and good company (if you want it) all taking place in beautiful surroundings. The best way to see what the venue is like is to visit the website [www.millretreatcentre.com](http://www.millretreatcentre.com)

### Programme

There will be an optional early morning pranayama and meditation session, and an asana class in the morning. The afternoons and evenings will be free for you to rest and explore the surrounding area. There will be some optional evening meetings.

**Arrive** on Sunday 12 August in time for an evening meal at 7pm.

### Daily Programme - Monday - Thursday

**7.30 - 8 am** Optional - Pranayama, sounding and meditation

**8 - 9 am** Breakfast

**10.30 - 1.00 pm** Yoga class

**1pm** - Lunch

**2pm** free time until supper

**7pm** supper

**8 - 9 pm** Some optional evening meetings, with chanting or looking at some yoga-related DVDs of interest

### Friday 17 programme

10.30 - 1.00pm asana class only followed by lunch and departure anytime after 2pm

### Accommodation and food

There are 21 bedrooms some singles, doubles and family or group rooms. Allocation is on a first come first served basis. Bathrooms will often be shared. We will be provided with breakfast, lunch and dinner, and teas, coffees, biscuits and fruit are available all day.

### What is provided

Yoga mats are provided at the centre, but you need to bring your own towels. Reasonable dietary requirements can be catered on request.

### Things to do when not doing Yoga!

The Mill Retreat Centre is set in 30 acres of grounds with a 10 acre lake, ideal for relaxing and walking. There is information at the centre about walks from 2 to 10 miles long. The coast is about 1 hour and there is a local train. It

will also be possible to get together to hire the centre minibus (extra cost) for any trips the group might like to do. There are cycles and a rowing boat available for use. The nearest village is Aumale, about 1 mile away. It has a full range of shops and a tourist information centre.

### Getting there

**Minibus** - If enough people are interested and wish to travel on Sunday and return on Friday we can organise a minibus to collect us from London or another UK location. Please indicate interest when booking - if we have 10 passengers the cost is appx £55 return (from London)

**Train** - Eurostar to Paris and then Paris to Aumale - taxi from Aumale to retreat centre

**Car** - Either Channel tunnel and drive - appx 3.5 hours from London (share your car to keep the costs down) or Newhaven to Dieppe ferry (4hours) and drive 35 minutes

**Plane** - Paris Beauvais (Budget airlines) is 40 miles south of the Mill or Paris Charles De Gaulle is 70 miles south

If you are interested in sharing private transport contact Sue and she will put you in touch with anyone else who asks the same.

### Other ideas

We made the holiday 5 days long partly to keep the costs reasonable and partly because it might be fun for you to combine it with an extra weekend or longer doing your own thing. A weekend in Paris, some time by the sea, a spot of cycle touring - the possibilities are endless. (But we are not organising that bit!) Non yoga partners, friends and children are welcome and can easily be accommodated.

### The costs

Full Board and accommodation and tuition per person	£500 /€580
Non Yoga partner or friend full board and accommodation	£385/ €445
Children under 12	£175/ €205

### All prices exclude travel

### Payments

Please send a non refundable deposit cheque of £100 /€120 per person payable to the 'Inner Yoga Trust'

to Sue Peggs, 11 Briavels Grove, Bristol, BS6 5JJ or alternatively pay by credit or debit card by calling the IYT office on 01730 261001 Tues - Fri 9 -12.30 stating what your booking is for. You will still need to send the booking form if you pay by card.

The balance is due on 6 July 2012 as we have to pay the venue in full at that time. Please send the balance cheque at the time of booking postdated for 6 July 2012.

### Cancellations

Your initial deposit is non-refundable. If you have paid in full or cancel before 6 July you will get a refund less the deposit. After this date refunds can only be made in exceptional circumstances or if you can fill the place you had reserved.

Please complete the **Booking form overleaf**