



## Bryher Yoga and Meditation Retreat at Hell Bay

Arrive Friday 20<sup>th</sup> September 2019 and depart Monday 23<sup>rd</sup> September 2019

### A journey of discovery on an undiscovered island...

Lose track of time and create space in your body and mind amongst the peaceful islands and pristine seas of the Isles of Scilly. Join us for a yoga and meditation retreat that offers an equanimity of restorative and rejuvenative practices.

### Slow down, Scilly Style...

Scilly is the most special place to experience a retreat. Seascapes of extensive tidal flats and shifting dunes provide a wonderful setting for finding serenity and stillness. The remote island of Bryher exhibits the spellbinding contrast of wild Atlantic waves to the West and serene sandy bays on the leeward side. Here we will let the journey of finding harmony within evolve, immersing in the natural environment as well as practising in the hotel's own tranquil studio. The islands are a designated Area of Outstanding Natural Beauty and boast 238 ancient monuments including a quarantine known as 'the pest house' on St. Helen's (a nearby uninhabited isle) that represents Scilly's history as a haven for healing. The archipelago has a rich and diverse mythical history including reports of healing aunts-women with botanical knowledge who used such remedies as warm herbal poultices. You will have a chance to delve a little deeper into both history and flora and fauna on our excursions.

### Tides of change, go with the flow...

Hell Bay's yoga retreat will be personally transformational; we will share practices of pranayama (breath work), asana (posture) and dhyana (meditation). Scilly has exceptionally high air quality due to the lack of local pollution so it's a natural choice to find relationship with your breath, body and spirit.

The style of yoga taught on this retreat will be vinyasa flow, a breath-initiated practice and teaching will be sympathetic to your previous experience. Our yoga journey mirrors our



life, in finding a flow on the mat we can accept the flow of life with greater patience and grace. You will leave a little lighter after finding escapism in the extraordinary environment and developing a flow practice on this island where the ebb and flow of the tides shape the coastline geographically as well as the daily routines of the islanders. Many Scillonians can trace their heritage back through the centuries but one of the invisible elements of island history that brought richness and diversity is a long tradition of transience, a fluid population of people and families that continues today due to the seasonal nature of the economy. Vinyasa translates as, "to place in a special way" and we believe Bryher will become a most special place in your heart.

**Itinerary** *(please note you may opt in and out of any of the activities as you wish)*

### Friday 20<sup>th</sup> September

**Arrival** – by plane or boat and short boat transfer to Bryher.

**630pm** Satsang, introductions and welcome mocktail

**7pm** Dinner, vegan menu available

### Saturday 21<sup>st</sup> September

**7am** Sunrise Meditation

**8am** Refresh and Revive, slow flow yoga focusing on mindful movements and optimal alignment

**9am** Breakfast, detox juice available

**11am** Mindfulness Walk to Shipman Head Down Here at the northernmost tip of the island you can find one of the largest Bronze Age burial sites in north western Europe. We will stop at Hell Bay, a great vantage point for wave watching on a blustery day. Dramatic craggy outcrops and tales of shipwrecks feature around this coastline.

**12pm** Free Time

**4pm** Energize and Revitalize, develop strength and stamina with this vinyasa flow class with a powerful playlist



6pm Candlelit Yoga Nidra also known as yogic sleep, a conscious relaxation technique taking you into a bliss state

7.30pm Dinner, vegan menu available

### Sunday 22<sup>nd</sup> September

8am Morning Meditation with pranayama instruction and lemon/ginger tea

9am Breakfast, detox juice available

10am Excursion to Treco to visit the world famous Treco Abbey Gardens. Alternatively, relax on Bryher and book a spa treatment at the hotel

5pm Restorative Slow Flow focusing on lightness, ease and relaxation

7pm Dinner, vegan menu available

### Monday 23<sup>rd</sup> September

7am Surya Namaskar, 20-minute sun salutation practice

8am Breakfast, detox juice available

Departure – short boat transfer to St. Mary's and onward to Cornwall by boat or plane