



Bryher Yoga and Meditation Retreat at Hell Bay Hotel

Friday 20th September - Monday 23rd 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 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 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. Vinyasa translates as, "to place in a special way" and we believe Bryher will become a most special place in your heart.

Itinerary

You may opt in or out of any activity listed below as you wish. There will be free time to relax in the hotel grounds, explore the island or simply sit and reflect. Dinner is payable locally and can be taken in Hell Bay Hotel's 3 AA Rosette restaurant or bar, or elsewhere on Bryher.

Friday 20th September

Arrival	By plane or boat and short boat transfer to Bryher
6:30pm	Satsang, introductions and welcome mocktail



Saturday 21st September

- 7am Sunrise meditation
- 8am Refresh and revive; slow flow yoga focusing on mindful moments 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

Sunday 22nd September

- 8am Morning Meditation with pranayama instruction and lemon/ginger tea
- 9am Breakfast (detox juice available)
- 10am Excursion to Tresco to visit the world famous Tresco Abbey Gardens. Alternatively, relax on Bryher and book a spa treatment at the hotel
- 5pm Restorative Slow Flow focusing on lightness, ease and relaxation

Monday 23rd 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