Summer
Equinox Yoga
Retreat
in the Forest
with Evie
June 20th- 23rd
2024













A yoga retreat to celebrate the arrival of Summer, enjoy essential oils and yoga in nature



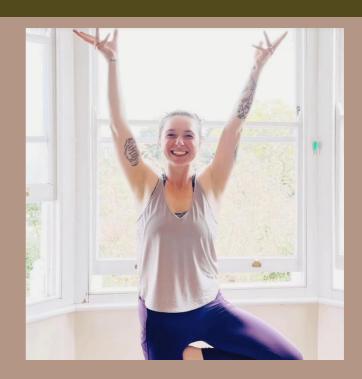
Join Evie in the New Forest for an extended weekend of forest bathing, walks, mindful movement and essential oils.



Optional excursions such as day trip to Lymington Pier and town.

The retreat will be a home for you to relax, enjoy daily yoga practice and not to mention, a feast of delicious homely food for four days. Over three nights, you'll enjoy a wonderful, peaceful rest at converted stables in the middle of the New Forest.





## A NOTE FROM YOUR HOST - EVIE MOLLER

Yoga is not just asana practice, it is how you approach daily life. What changes or movements can you make daily in your life to find more peace and ease. Throughout the weekend, a series of classes have been designed to be inclusive, welcoming and suitable for every body. I can't wait to share these practices with you and enjoy spending time in nature away from city life distractions.

### THE VENUE

Situated north of Lymington in the New Forest area the venue is converted stables and is a working farm, you will be very welcome to collect fresh eggs in the morning from the chickens, pick as many seasonal vegetables and help yourself to all fruit.

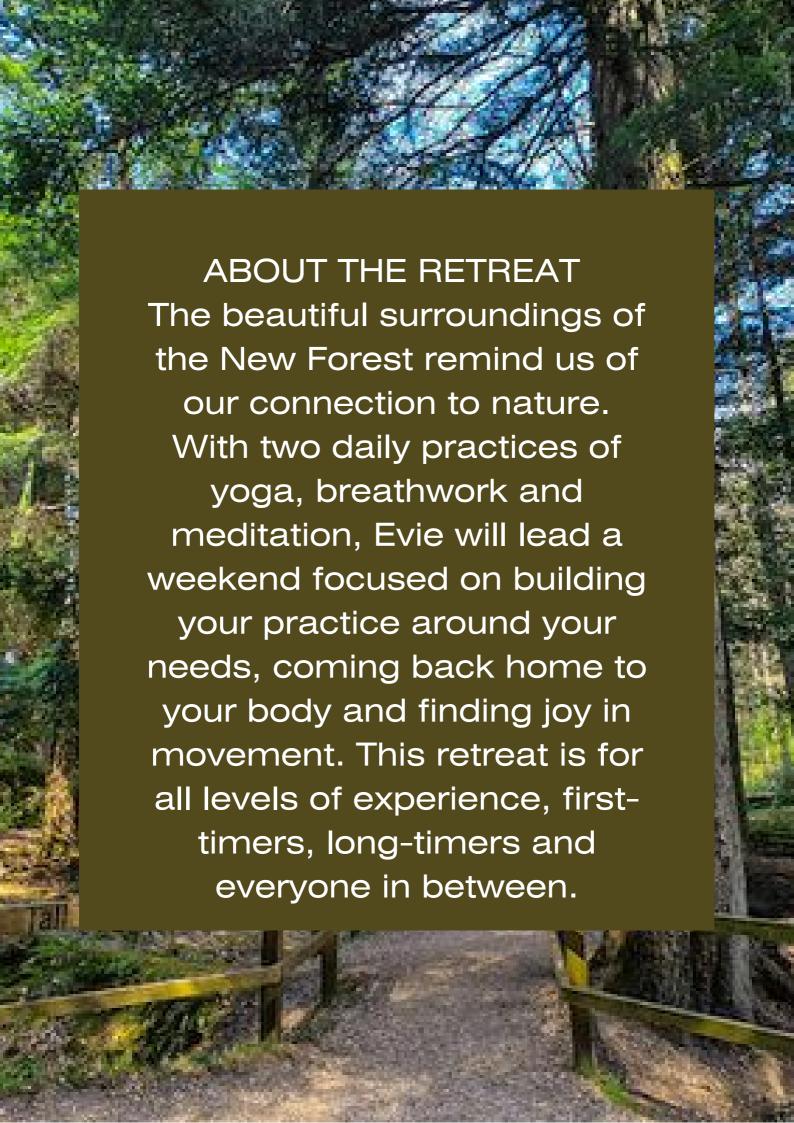
You can either drive to the venue which is approx. 2.5hr from London or train to Lymington and take a transfer (1hr 45min train and 10min transfer).







1x room of 4 singles, 1x room of two singles and 1x room of a double bed (two person capacity)





## SAMPLE SCHEDULE

### **THURSDAY**

16.00: Arrival from 4pm. Welcome drinks and moment to settling into your weekend home17:30 Summer Equinox Rituals19:00 First Dinner together21:00 Yoga Nidra

### **FRIDAY**

07:00 Silent Morning, Tea/light snacks and moments to pause (or sleep) 08.00-09:30: Vinyasa yoga

10.00: Breakfast

11:30: Packed lunches ready to go-Guided Walk in New Forest

13.30: Lunch in nature

14:30 Forest Bathing and walk back to accommodation

15:30-17:00 Free Time

17:00-18:30 Slow Flow and

Restorative Yoga

19:15 onwards Dinner

22:30 Lights out



#### SATURDAY

07:00 Silent Morning, Tea/light snacks and moments to pause (or sleep)

08:00-8:20 FACE YOGA

08.20-09:30: Dynamic Class

10.00: Breakfast

11:30: Option to go to Lymington Pier for a day excursion OR additional Walk in the New Forest finishing at a pub for lunch.

13.30: Pub lunch

14:30 Walk back to accommodation

16:00-17:00 Workshop Time

17:00-18:00 Free Time

18:00- 19:00 Meditation & Yoga Nidra

19:30 onwards Dinner 22:00 Lights out

#### SUNDAY

07:30-8:30 FACE YOGA + Slow Flow Sunday 09.00: Breakfast + Pack Bags 10:00 Depart Retreat

\*Sample schedule, timings and activities may change



# Booking

Non-refundable deposit: £80

Bunk Room- 4 single beds.

Early Bird Price: £450 per bed, Standard Price: £570

Twinnie- 2 single beds.

Early Bird Price: £450 per bed, Standard Price: £570

Double Trouble- 1 double bed (capacity two) Early Bird £800 for room, Standard £900 for room

\*Early Bird Prices available until November 1st 2023 or until sold out! \*\*Balance to be paid by May 1st 2024

Book via evieyogini.com

