

Sivananda Yoga Vedanta Centre organises:

# *Easter Yoga Family Retreat 2019*



## Waterperry Gardens, Oxfordshire

**April 19 – 22, 2019**

Enjoy 4 days of rejuvenation and relaxation over the Easter weekend. Discover the benefits of classical yoga and meditation, whether you are a beginner or an experienced yogi, young or old, fit or not so fit. Families with children from age 7 onwards are very welcome to join.

The retreat offers an opportunity to reconnect with yourself in the beautiful, natural surroundings of Waterperry Gardens – a haven of peace in the Oxfordshire countryside.

The Sivananda Yoga Vedanta Centres brought authentic yoga from India to the West 60 years ago and, for us, it is more a way of life than a form of exercise. We'd be happy to share it with you and your family over the Easter weekend.



**International Sivananda Yoga Vedanta Centres**

Founder: Swami Vishnudevananda

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## Venue

Waterperry Gardens is situated in 8 acres of historic and inspirational gardens nestled in the Oxfordshire country-side only 1½ hours from London. The gardens feature a spectacular 200 foot herbaceous border along with rose and formal gardens, a lily canal and riverside walk.

## Adults daily schedule

- 5.30am** Wake-up
- 6am** Meditation, mantra chanting, lecture
- 8am** Yoga class
- 10am** Brunch
- 11am** Karma Yoga
- 12noon** Nature walk or workshop
- 4pm** Asana class
- 6pm** Dinner
- 8pm** Meditation, mantra chanting, lecture

## Kids (age 7 – 12) daily schedule

- 7am** Breakfast
- 8am** Kids' Yoga class
- 9am** Chanting, story-telling
- 10am** Brunch
- 11am** Karma Yoga
- 12noon** Nature walk and/or creative activities
- 4pm** Kids' Yoga class
- 6pm** Dinner
- 7pm** Short meditation, mantra chanting, inspiring stories

## Retreat Prices

Dormitory members	£305	Dormitory non-members	£350
Twin room members	£370	Twin room non-members	£425
Twin room ensuite members	£445	Twin room ensuite non-members	£520
Single room members	£445	Single room non-members	£520

## Discounts

- 10% Early Bird discount (Dormitory only) when full payment received before 31 December 2018
- 40% discount for children (7 to 12)

## Sivananda Yoga Vedanta Centre

Founder: Swami Vishnudevananda. Est 1957.

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