

# YOGA & AYURVEDA RETREAT



Kingsand & Cawsand, Cornwall

15 – 19<sup>th</sup> May 2021

From £445pp



## WHAT'S INCLUDED

### Yoga

- 4 Vinyasa Flow Yoga classes
- 4 Restorative Yoga classes

### Ayurveda

- 3 Ayurveda Workshops
- Ayurvedic Meals (vegetarian/vegan)
- Ayurveda goodie bag
- Discounted treatments & consultations

### Activities

- Wild Medicine Foraging Walk
- Tamar River Boat Cruise
- Healing Sound Bath

### Accommodation

- 4 nights in a Cornish cottage overlooking the bay in the heart of a beautiful seaside village with shared Twin or Super King Double room options available.





## ITINERARY

### SATURDAY 15<sup>th</sup> May

13.00 – 15:00	Arrivals
16:00	Restorative Yoga (water)
17:00	Ayurveda Workshop (Understanding your Doshas)
18:00	Evening meal
20.00	River Tamar Sunset Cruise (subject to change)

### SUNDAY 16<sup>th</sup> MAY

09:00	Vinyasa Flow Yoga (earth)
10:00	Brunch
11:00 – 16:00	Free time / Treatment slots
16:00	Ayurveda Workshop (Ayurvedic Diet for Balance)
18:00	Evening meal
20:00	Restorative Yoga (earth)

### MONDAY 17<sup>th</sup> MAY

09:00	Vinyasa Flow Yoga (air)
10:00	Brunch
11:00 – 16:00	Free time / Treatment slots
16:00	Ayurveda Workshop (Home Remedies for Healing)
18:00	Evening meal
20:00	Restorative Yoga (either)
21:00	Healing Sound Bath

### TUESDAY 18<sup>th</sup> MAY

09:00	Vinyasa Flow Yoga (fire)
10:00	Brunch
11:00 – 16:00	Free time / Treatment slots
16:00	Wild Medicine Foraging Walk
18:00	Evening meal (beach BBQ)
20:00	Yoga Nidra (fire)

### WEDNESDAY 19<sup>th</sup> MAY

09:00	Vinyasa Flow Yoga (water)
10:00	Brunch & Farewells
11:00 – 16:00	Departures / Treatment slots

#### PRICES:

King room with single occupancy (ensuite bathroom) – FULLY BOOKED

Twin room (private bathroom) – FULLY BOOKED

Twin room with sea/garden view (shared bathroom between 4 people) - £445pp

Large Twin room / Super King Double with sea view (ensuite bathroom) - £525pp

Maximum 10 spaces available on the retreat.



[www.CornwallAyurveda.co.uk](http://www.CornwallAyurveda.co.uk)