

THE ROAD TO

Relaxation

Say goodbye to the stresses of modern life with a soothing yoga weekend in the heart of Swaffham.

Meet qualified Iyengar yoga instructors Michael and Camilla Balshaw. The couple run The Weekend Yoga Place and offer weekly classes from their studio, having taught in premier yoga studios across London as well as overseas. Accommodating classes of six to eight people, the weekends combine eight to 10 hours of yoga sessions plus delicious vegetarian brunches prepared by a renowned local cook and baker.

The weekend begins with a gentle two-hour opening class, followed by a three-hour workshop on the Saturday morning. Guests are encouraged to make the most of the local area during their free time by visiting tearooms,



galleries, museums and National Trust properties. If you wish to be cut off from the outside world, this isn't the retreat for you! A Saturday evening class means you can squeeze in a few extra hours of relaxation before heading out to explore the fantastic restaurants nearby and experience a true taste of Norfolk.

Sunday morning has another three-hour class and a final brunch before home. Having arrived on the Friday, feeling stressed and looking tired, people leave on the Sunday totally transformed, already asking to be booked on the next weekend. Michael explained, "We offer a real break away for all levels of yoga practitioners, from beginners to the advanced. Some of our weekends incorporate activities such as walking, while others are more restorative, with an emphasis on resting poses, cosy fires and the feeling of being nourished."

The freedom of having a choice when it comes to accommodation means you can take your pick from a luxurious boutique hotel, quirky bed and breakfast or welcoming guesthouse. Why not bring along the whole family, so they can investigate the local area while you revive mind, body and soul?

As well as weekend getaways, Michael and Camilla also offer a range of weekly yoga classes from their studio 'The Swaffham Yoga Place'. Please see advert for further details. For more information on available dates and prices, call 01760 336510 or visit www.theweekendyogaplace.com

The Swaffham Yoga Place

Small bespoke Iyengar yoga classes in a fully equipped yoga studio



We offer beginner classes, one-to-one classes, men's yoga, yoga gently, general level and intermediate classes. Class sizes are small and personalised.

Bookings currently being taken for new classes starting May 2013.
Early Booking advised.

Monday Men's Yoga 7.30-8.45 pm
Tuesday Yoga Gently 11 am-12.15 pm
Wednesday Intermediate Level 7-8.30 pm
Thursday New Beginners Class 6.15-7.15 pm
Friday Night Restorative Yoga 7.30-9 pm (monthly)

For details of all weekly studio classes, prices and class guides, please view: swaffhamyogaplace.wordpress.com

To book your place on any of our courses:
Contact: Camilla on 07900 903934
Email: info@theweekendyogaplace.com

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