

Retreat Overview

The retreat will start on Thursday 28th May at 15.00 and finish Sunday 31st at 14:30. For Travel details and further info about the centre please visit the Duncton Mill's website: www.dunctonmill.co.uk

For those traveling by train, go to Pulborough station. It is then a 15 minute taxi journey to Duncton Mill which should be pre-booked.

Fees per person including classes, workshops, accommodation, all meals and optional guided walks:

£350 - sharing a twin room

£400 - single room sharing a bathroom (one only)

£480 – single occupancy ensuite twin room

A deposit of £50 (non-refundable) to be paid when booking, the full amount by 1st May 2009.

To reserve your space please contact:

Heather on 01784 492500

email: heather@omtropy.com



Duncton Mill

Duncton Mill is believed to be a site of ancient origin owing to its proximity to the South Downs Way (an ancient trail since Neolithic times) and the natural water spring in the grounds. The trout-pond at Duncton Mill would further suggest this.



However the first real evidence of habitation and of a mill is recorded in the Domesday Book (1086). There have been orchards and fisheries at Duncton Mill since medieval times.

From that time, the mill was used for both dyeing cloth and grinding corn. The current water-mill was built in 1824, and has not been used for nearly a hundred years. There are hopes that it will be refurbished one day.



The farmhouse dates from 1767 and the site was farmed until the lakes were built about twenty-five years ago.

Recently Duncton Mill has been run as a holiday cottage business. There is an entirely separate and successful trout rearing and fishing enterprise operating the big lakes.



OMTROPY

Invite you to

Create Space IV

Join us at a

YOGA RETREAT IN WEST SUSSEX

28th to 31st May 2009



With

Heather George,

Lindsay Jenkins & Richard Barham

The Retreat

“Create Space” retreats provide an opportunity and environment where you will be able to enhance your practice and deepen your knowledge. We invite you to immerse yourself in the beautiful and peaceful surroundings of Duncton Mill, of which we will have exclusive occupancy, to nurture yourself both physically and spiritually.

The Retreat Leaders will introduce you to aspects of philosophy and practices that are often overlooked during general classes, and there will be the opportunity for you to have direct contact with the teachers and receive guidance for your personal practice. The program will include 2 classes per day, early morning & evening meditation and talks on philosophy, plus free time to appreciate the secluded and private location.



The retreat is primarily in shared accommodation (twin room) some with en-suite bathroom. There is limited single accommodation. There are plenty of bathrooms and lounging areas. All meals, which are mainly organic, will be vegetarian carefully catered for by the chef!

Please advise us of any special dietary requirements.

There will be ample time in the afternoon to laze around by the pool or take some beautiful walks in the Downs. Heather's partner, Tony Davis, will be leading the walking meditation and offering guided walks for those who wish.

Programme

Thursday 28th May

15:00 to 17:30 Arrive at Duncton Mill and free time
17:30 to 18:00 Introduction from Heather and Barbara Boxall of Duncton Mill.
18:00 to 19:00 Gentle Hatha class
19:30 to 20:30 Dinner
21:00 to 21:30 Yoga Nidra (deep relaxation)

Friday 29th May

06:15 to 06:45 Pranayama and Meditation
07:00 to 08:30 Classes
08:30 to 09:30 Breakfast
09:45 to 12:15 Free time or guided parkland walk
12:30 to 13:30 Workshop
13:30 to 15:00 Lunch
18:00 to 19:00 Class
19:30 to 20:30 Dinner
20:30 to 21:00 Talk/discussion
21:00 to 21:30 Meditation

Saturday 30th May

06:15 to 06:45 Pranayama and Meditation
07:00 to 08:30 Class
08:30 to 09:30 Breakfast
09:45 to 11:30 Walking meditation
12:00 to 13:30 Workshop
13:30 to 15:00 Lunch
15:00 to 17:15 Free time or guided walk (Iron Age fort on the Downs)
17:30 to 19:00 Class
19:30 to 20:30 Dinner
21:00 to Bedtime Puja around Buddha and bonfire

Sunday 20th July

06:30 to 07:00 Pranayama and Meditation
07:00 to 08:30 Class
08:30 to 09:30 Breakfast
Vacate rooms
10:30 to 12:00 Workshop
12:30 to 14:00 Lunch
14:00 to 14:30 Farewells

Retreat Leaders

Heather teaches Hatha Yoga blending Sivananda, Iyengar & Power. She has developed her own Flow Yoga, incorporating elements of Pilates and ChiBall. She has a Diploma in Anatomy & Physiology and is a Life Coach & Reiki practitioner. Heather also coaches for exam stress management in schools.



Lindsay has a 3rd Dan in Kushido Karate-Do. He is also a fully qualified holistic masseur, a



Thai Yoga Bodywork gold practitioner, and Reiki and Seichim Master practitioner; but Tai Chi Chuan and Chi Kung, have been his passion for the last 14 years, and today he makes these two

disciplines his primary focus to help people to help themselves!

Richard has studied Wado-Ryu karate for 35 years and more recently has complimented this with yoga and Tai Chi practice. Though not immediately obvious, the common origins of these arts are revealed not only in the underlying principles of each discipline, but also in their shared ultimate objective



N:B: Please bring suitable walking shoes, poolside towels and hair dryers if required.