

September **SOLD OUT** Extra weekend added in July but **filling up QUICKLY**

# MarilynYoga



at  
High Trenhouse

The **Extra** MarilynYoga Weekend Retreat 2018

**Friday 27th July to Sunday 29th July**

*...this time it's Yorkshire!*

The hills are alive with the sound of...

**Well, NOTHING really.**

This location is truly special, and though close to popular natural attractions, the last part of the journey, down a very minor road, takes us to total retreat.

**It really is getting away from it all.**

This year, I have managed to secure the whole of a beautiful venue in the Yorkshire dales.

Close to Settle and Malham Tarn so that we can have another weekend Yoga retreat.

It is quiet and peaceful, has great vegetarian or vegan food, a sauna for our exclusive use, wood burning stoves if its chilly, a conservatory for sitting and chatting and a beautiful Yoga Room.

Joanne our lovely therapist says she will be joining us, so a little extra pampering will be available to all.

*But Please Note:* Her therapy sessions will be charged separately and directly by her.

Places are limited to 20 and although it has only been whispered about so far, I have already been getting quite a big response, (even before this official announcement).

Please hurry if you wish to attend.

**Bookings can be accepted ONLY on the Yoga Retreat Weekend – High Trenhouse Booking Form Available at: [www.marilynyoga.com](http://www.marilynyoga.com)**

If you would like to come to really get away from it all, to take much needed time out for yourself, reset and recharge your body, your mind and your spirit, here is a weekend to enjoy some quiet time and find the peace that is inside us all, in a place conducive to deep meditation. If that is for you, please let me know,

The cost is **£330** for single ensuite accommodation and this includes full board, drinks (teas etc) available all day and night and the use of the sauna and of course all yoga and meditation sessions.

Twin rooms or non en suite are **£320** per person

Most of the rooms are single en-suite with just three twin rooms.

Lots of love, Marilyn

**yoga for yourself, with nothing to hold you back**

**Please act quickly if you wish to attend.**

**This was added because of demand and is already being booked.**

[www.marilynyoga.com](http://www.marilynyoga.com)

Email: [info@marilynyoga.com](mailto:info@marilynyoga.com)

Tel: 01457 870453

# BOOKING FORM – RETURN TO ME INCLUDING YOUR DEPOSIT

## Yoga Retreat Weekend – High Trenhouse Friday 27th July - Sunday 29th July 2018

Name: .....

**Total Number of Places:**

Address: .....

Places are strictly limited and will be allocated only on my receipt of this form and full deposit  
( **This is a commitment to purchase.** )

.....

Ensuite Single ( at £330 ): .....

.....

Ensuite Twin ( at £320 ): .....

.....

Non-Ensuite Single ( at £320 ): .....

**\*\*\*ALL PRICES ARE PER PERSON\*\*\***

.....

Please specify any special dietary requirements you have and we will try to accommodate them:

Postcode: .....

Telephone: .....

( **Note:** All meals are Vegetarian )

Email: .....

\*\*\*I enclose a cheque for **£50.00** (per place) deposit. ( **Balance to be paid, in full, by 18th May 2018** )

\*\*\*I wish to make a direct bank transfer, (details to be discussed) – Please contact me on **01457 870453**  
( *\*\*\*Please strike through which option does **not** apply* )

Cheques payable to Marilyn Heginbotham. Send to: 8 Corbett Way Denshaw Oldham OL3 5SX

I fully understand and accept the terms and conditions of this Yoga Retreat and agree to them as read by me.

Print full name: .....

Signed: .....

Date: .....

**Website:** [www.marilynyoga.com](http://www.marilynyoga.com)    **Email:** [info@marilynyoga.com](mailto:info@marilynyoga.com)    **Telephone:** 01457 870453

**PLEASE NOTE THAT PAYMENTS CANNOT BE REFUNDED FOR NON-ATTENDANCE OR CANCELLED BOOKINGS.**

In those circumstances, I will try to fill your place.  
and if successful, then a refund can be made.

Please read full booking conditions for courses  
on my website: [www.marilynyoga.com](http://www.marilynyoga.com)