

# WEEKEND YOGA RETREATS

IN BEAUTIFUL NORTH YORKSHIRE



## SUMMER AND WINTER 2024 AT The Tree Relaxation Retreat in Rosedale

### August 2-4 and December 6-8

Two new dates for this relaxing weekend break!

This weekend yoga retreat in the stunning setting of Rosedale is all about relaxing, unwinding and enjoying the benefits of yoga and nature. Nestled on the edge of the North York Moors, the retreat centre offers you a break from the hustle and bustle of life. You'll practice yoga in a beautiful converted chapel, eat delicious home-cooked vegetarian meals, have the opportunity to explore the local area or indulge in a therapy treatment or two. There's even an indoor sauna and an outdoor hot tub to try. With two dates to choose from you can enjoy summer in Yorkshire or a cosy pre-Christmas retreat in December - or why not both? This two night stay begins on Friday from 5pm and ends after lunch on Sunday. There's also the option to book an extra night's stay at a reduced rate of £50.

### What's included

- two nights accommodation
- all meals (vegetarian food)
- yoga + meditation classes
- hot tub + sauna
- free time for exploring

### Optional extras

- therapy treatments
- 1-1 yoga or yoga therapy

### Early bird price

- dorm room £350\*
  - double/twin £355\*
  - single occupancy £455\*
- \*early bird discount

### Booking via

[www.chloemckay.com](http://www.chloemckay.com)  
[info@chloemckay.com](mailto:info@chloemckay.com)

'Just to say thank you so much for a wonderful restful and restorative weekend in a beautiful environment. We could not have asked for more.' - Janet

Class schedule example (all are optional)

Friday

16.30 onwards - arrival

17.30 Flowing Hatha yoga class

20.30 Relaxation session

Saturday

08.00 Meditation and pranayama

10.30 Flowing Hatha yoga

17:30 Yin yoga

20.30 Relaxation session

Sunday

08.00 Meditation and breathing practices.

10.30 Flowing hatha yoga.

14.00 Retreat ends.



## Venue

The Tree Relaxation Retreat  
Rosedale East

Pickering

YO18 8RH

[www.thetree.earth](http://www.thetree.earth)

Please refer to the venue's website for directions and travel options.



## Booking Terms + Conditions

A deposit of £150 is required to secure your place. The final balance is due eight weeks before the start date. Deposits and bookings non-refundable unless we are able to fill your place, therefore travel insurance is advised. Early bird discount price is valid until 31/05/24 for August retreat and 27/09/24 for December. After that there is an increase of £25.

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