

# WEEKEND YOGA RETREATS

IN BEAUTIFUL NORTH YORKSHIRE

AUGUST + DECEMBER 2022

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

### August 5-7 and December 9-11

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 £40.

### What's included

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

### Optional extras

- therapy treatments
- 1-1 yoga or yoga therapy

### Early bird price

- dorm room £310
- double/twin £320
- single occupancy £420

### Booking via

Chloe McKay Yoga  
[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

Yoga will be open level with slow flow, yin and restorative practices on offer. There'll also be the option to join in meditation and breath work sessions too. Classes will take place in the morning and late afternoon/evening with free time in between and all yoga equipment is provided unless you prefer to bring your own. Chloe is also available for 1-1 yoga or yoga therapy sessions during the weekend subject to availability, although these are an additional cost. Finally, while the retreat is open to all, it is recommended that you have some experience of yoga before attending.



## 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 are fully refundable only if we are able to fill your place it is therefore advised you take out travel insurance. In the event of cancellation due to covid-19, the retreat will be postponed to a later date where availability allows. Early bird price lasts until twelve weeks before the retreat start date. After that there is an increase of £25.

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