

# Darlington Yoga Group Residential Weekend

At

Cober Hill, Cloughton,  
Scarborough, YO13 0AR  
Friday March 28<sup>th</sup> – Sunday 30<sup>th</sup>  
With

Cathy–Mae Karels

Yoga and Ayurveda



This years weekend will introduce the philosophical principles that underlie the Ancient Science of Ayurveda and give a real insight into how living in harmony with the environment, both internal and external have a profound effect on health, energy and well being. Cathy-Mae's ability to communicate and share her great wisdom and insight enables everyone to move forward in understanding of their own personal constitution. The approach is very user friendly. You will be shown how to integrate a number of ideas into everyday life. Take your pick from any one of the strategies and you'll soon be feeling the benefit.

**Cober Hill** is a large Country House set in its own grounds on a cliff top overlooking the sea. It has a large room for yoga practice, a comfortable lounge and a choice of single ensuite or twin ensuite accommodation. The basic price of £150 includes full board from Friday dinner to lunch on Sunday and all tuition costs. Single rooms are limited in number and will incur a supplement of £30 per person.

All meals will be vegetarian, any alternatives need to be stated on the booking form.

**To Book:** we need a non-returnable deposit of £50 by October 28<sup>th</sup> 07. The balance of £100, or £130 for those wanting a single room is to be paid by February 8<sup>th</sup> 08.

In the event of a cancellation we will aim to rebook the place and refund whatever is possible according to the length of notice given. A map and further details of the w/e programme will be given on receipt of the final payment.

## Bookings and further enquiries to;

Vera Oates 11, Springwell, Ingleton , Darlington DL2 3JJ

TEL 01325 730092

Fiona Duke 7 Watt Street, Dean Bank, Ferryhill DL17 8PJ

TEL 01740 653621

## DYG Booking Form for Cober Hill March 28<sup>th</sup>-30<sup>th</sup> 2008

Name

Address

Post Code

Telephone

Accommodation please tick:

Single

Twin

Please state any special dietary requirements

I enclose a non refundable deposit of £50 (cheques payable to Darlington Yoga Group)

Signed

Please enclose an SAE or email address if an acknowledgement is required