

Jasmine Trust look forward to another year of enjoyable and liberating practice and ideas built in to our Summer Programme for 2018.

With the choice to take a full five day programme or attending just one day, the benefits of taking time out and give yourself space to come and practice are many.

Come and join us in Nottinghamshire at Babworth Court in our wonderful bright, light studio where you can be part of nature through landscape windows and glass atrium. You can hear birds singing as you practice! You can sit outside and enjoy the tranquillity and beauty of the gardens, hanging out with like minded people or find a place of quiet retreat in the wood.

We can also offer accommodation at The Cottage - take time to practice, chill in the garden, browse the library books, eat veggie food with friends.

Check out our brochure - make time for you - we look forward to seeing you!

Carolyn

Venue



Babworth Court nestles in a corner of Nottinghamshire, in private parkland about one mile from the A1 and around 10 miles from the M1. The East Coast trains stop at Retford station two miles away.

The upstairs Yoga Studio looks out into the park. The general ambience of calm and peace spreads through every nook and cranny giving everyone who attends a sense of harmony and well being

All bookings & enquiries to

The Jasmine Trust
(Babworth Court)
The Cottage, Babworth,
Retford, Notts DN22 8EW

Phone: 01777 711770

Email: info.jasminetrust@gmail.com

Website: www.jasminetrust.co.uk

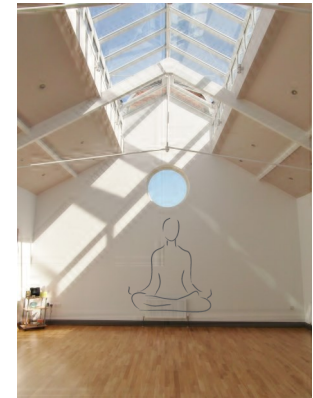


Registered Charity No. 1095612



Summer Week 2018

30th July - 3rd August



@ Babworth Court

The Pleasure of Practice

Bringing Yoga to Life

Tutor

Carolyn Clarke

Schedule

Start time: 9.30am

Closure: 3.00pm

Vegetarian lunch provided

Drinks available throughout the day

Fees

FULL WEEK FEES

£ 160 Non- residential

£ 280 Residential

Deposit to secure your place

£80 non residential or £130 residential

Balance will be due

30th June

SINGLE DAY FEES

£ 35 Non- residential

£70 inc. Dinner, B&B

Full payment with booking

Cash, cheque or card accepted

Payment can be made via the website

Wish to pay Bank Transfer?

Please email for details

30th July - 3rd August 2018

The Pleasure of Practice

Bringing Yoga to Life

A week to explore body, mind and breath in the company of others in the very peaceful setting of Babworth Court.

To engage with our physical practice bringing strength, length and freedom to the ever changing body. Moving through asana with a staged approach that can bring interest and progression to all who attend.

To consider breath and pranayama practices for assisting release and renewal of energy levels. Giving time to strengthen the muscles that bring about breathing and awareness of natural breathing and what that means in life.

To explore Mudra and Bandha within practice as a way of directing energy and mind. This will add interest and depth to the programme.

To experience Yoga Nidra as an integral part of practice and recognise the deep releasing benefits this relaxation brings.

To contemplate the pleasure of action and the connectivity to life and health.

Carolyn will add the fascination of the philosophy from ancient roots to underpin modern day interpretation of how we can use Yoga in our every day Life.

Suitability

Students who like to consider philosophy.

Mixed agility - all welcome.

Asana practice will be varied & may be modified to suit your needs.

Accommodation



We have two single and two double rooms available for retreat

These are always kept clean and fresh and have simple fixtures. Both bath and shower facilities are available

All bed linen is cotton and towels are provided - you will need to bring your own toiletries

Residence will be available throughout the course as bed, breakfast and evening meal

Buffet breakfast is from 7.45am
Evening meal is at 6.45pm
All food is vegetarian

Accommodation



We have two single and two double rooms available for retreat

These are always kept clean and fresh and have simple fixtures. Both bath and shower facilities are available

All bed linen is cotton and towels are provided - you will need to bring your own toiletries

Residence will be available throughout the course as bed, breakfast and evening meal

Buffet breakfast is from 7.45am
Evening meal is at 6.45pm
All food is vegetarian

Accommodation



We have two single and two double rooms available for retreat

These are always kept clean and fresh and have simple fixtures. Both bath and shower facilities are available

All bed linen is cotton and towels are provided - you will need to bring your own toiletries

Residence will be available throughout the course as bed, breakfast and evening meal

Buffet breakfast is from 7.45am
Evening meal is at 6.45pm
All food is vegetarian

SUMMER PROGRAMME — 2018

BOOKING FORM

Name:

Address:

Phone:

Email:

Please Book:

WEEK 30th July - 3rd August 2018 ☀

With accommodation Yes/No

Please book:

SINGLE DAYS

Mon ☀ **Tue** ☀ **Wed** ☀ **Thur** ☀ **Fri** ☀

With accommodation Yes/No

I enclose a cheque payable to
THE JASMINE TRUST for **£**

Will you need directions to Babworth
Yes/No

SUMMER PROGRAMME — 2018

BOOKING FORM

Name:

Address:

Phone:

Email:

Please Book:

WEEK 30th July - 3rd August 2018 ☀

With accommodation Yes/No

Please book:

SINGLE DAYS

Mon ☀ **Tue** ☀ **Wed** ☀ **Thur** ☀ **Fri** ☀

With accommodation Yes/No

I enclose a cheque payable to
THE JASMINE TRUST for **£**

Will you need directions to Babworth
Yes/No

SUMMER PROGRAMME — 2018

BOOKING FORM

Name:

Address:

Phone:

Email:

Please Book:

WEEK 30th July - 3rd August 2018 ☀

With accommodation Yes/No

Please book:

SINGLE DAYS

Mon ☀ **Tue** ☀ **Wed** ☀ **Thur** ☀ **Fri** ☀

With accommodation Yes/No

I enclose a cheque payable to
THE JASMINE TRUST for **£**

Will you need directions to Babworth
Yes/No