

Sanctuary and Soul: Yoga Retreat with Anna Ashby

Tresillian House, Cornwall

22 – 25 March



Held at Tresillian House in Cornwall, this four-day yoga retreat offers sanctuary for reconnecting with body and soul. Nestled within 22 acres of beautiful grounds near the sea, the retreat setting provides a much-needed haven for rest and quietude within Nature. Springtime shows Tresillian at its best with the orchards starting to bloom.

The retreat enables a vibrant pathway to reset the nervous system and settle into a more centred and grounded state. Space and time support a recalibration of perception that refreshes and enlivens.

With slow and mindful sessions that release unnecessary tension and cultivate awareness, the yoga provides a means to experience soulful presence. Yoga sessions include active practice, Restorative Yoga, some chanting and meditation. Journals are recommended for contemplation.

Accommodation and Grounds

The rooms are spread over two properties with both en-suite and shared bathroom options. Decor is 'rustic chic' including a variety of layouts. Set in 22 acres of grounds with a lake, tennis courts and terrace, there is plenty of luscious lawn and pathways for ambling and places to sit for contemplation.

Yoga Room

The yoga room is a stunning barn conversion with heated floors and a beautiful view of the courtyard garden and lawn. The studio also includes a full set of props (except eye pillows). Mats are included although you are welcome to bring your own if you prefer.

Schedule

Friday 22nd:

Arrive after 4:30p

6:00 - 7:15p Yoga

Dinner at 7:30p

Saturday 23rd + Sunday 24th:

7:30 - 8:00a Meditation

8.00 - 9.00a Light breakfast + Quiet time

9:00 - 11:00a Yoga

11:15 Brunch

4:00 - 4:30 Tea + snack

5:00 - 7:00p Restorative/Meditation

7:30p Dinner

Monday 25th:

7:30 - 8:00a Meditation

8.00 - 9.00a Light breakfast + Quiet time

9:00 - 11:00a Yoga

11:15 Brunch

Depart after brunch

*Schedule may be changed at the discretion of the teacher.

Yoga Sessions

Yoga sessions include active and restorative postures as well as meditation.

As an experienced teacher, Anna weaves together a variety of yoga, movement and stillness practices. A class may include detailed instruction, slow flowing movement, use of props, chanting, breathwork, Restorative and meditation - all of which express the essence of yoga as awareness.

Drawing inspiration from the texts of the tradition as well as modern thinkers, Anna choreographs purposeful sequences that enable a process of release and joyful presence. Journaling and dialogue may be included as part of the process.

Near the Sea

Tresillian House is located near some of the finest beaches in the UK. The nearest beach is 6 miles away. Follow this link for more details. <https://www.tresillianhouse.co.uk/activities-in-cornwall>

Travel

Tresillian House is 15 minutes by car from Newquay Airport, 20 minutes from St Austell Railway and 25 minutes from Bodmin Parkway stations.

Tresillian is 270 miles from London by road travelling on motorways and dual carriageways all the way except the last three miles. Take the M4 to Bristol, then M5 South to Exeter and

A30 towards Bodmin. Turn off the A30 at Summercourt and take A3058 north for 3 miles following signs for Newquay and Dairyland. The entrance to Tresillian is 200 yards after Dairyland on the left.

Retreat Fee

Cost (per person)

Single occupancy (luxury ensuite) £895

Single occupancy (bunk bed + shared bathroom with 1 other room) £695

Double room (luxury ensuite) £730pp

Twin room (ensuite) £695pp

Twin room (shared bathroom with 1 other room) £625pp

Triple room (1 double + 2 singles - ensuite) £625pp

A £350 non-refundable deposit reserves your place, with the full amount due by February 28th.

Retreat fee includes accommodation, food, and all yoga sessions. Travel Insurance and transport are not included and are an additional cost.

To register contact Lauren at lauren@annaashby.com.

Terms & Conditions

Insurance:

To attend this retreat you must arrange you own travel insurance which should include adequate cover for medical expenses and the cost of repatriation should you become ill. It is up to each individual to ensure that their travel insurance is adequate for this retreat.

Cancellation policy:

If you cancel your booking 14 days or less (or fail to join the retreat), there will be no refund given.