

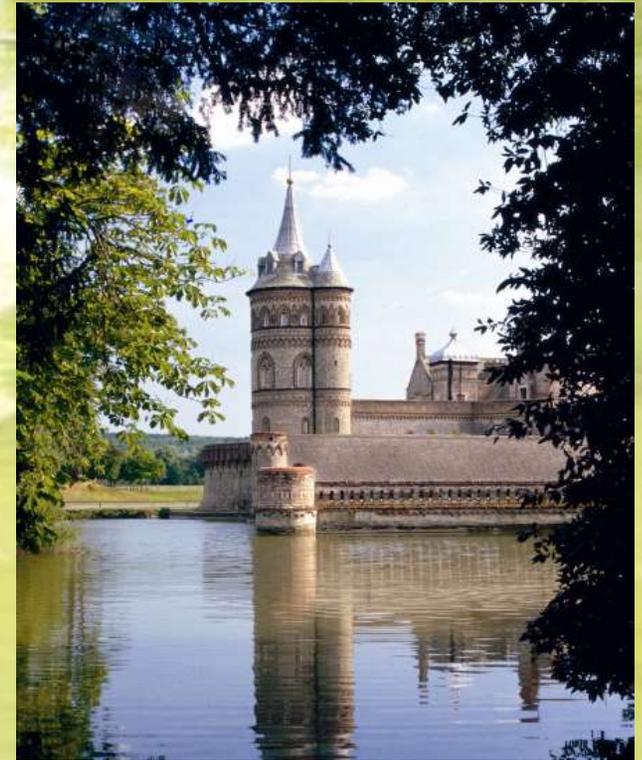
Pilates and Yoga Weekend

Friday 17th - Sunday 19th July 2015



Ever wanted to try Pilates and Yoga? Come and join us for this taster weekend to enjoy:

- ❖ Gentle and simple Yoga and Pilates sessions – perfect for beginners and returners alike!
- ❖ Beautiful, relaxing surroundings, set in 70 acres of countryside views and walks in the grounds.
- ❖ Luxury hotel facilities, including a lovely swimming pool and lounges to rest, read or chat.
- ❖ Award winning restaurant serving you delicious, nutritious meals and snacks.
- ❖ Free Wi-Fi



Horsley Park Hotel

East Horsley

Surrey

KT24 6DU

Easy access off Junction
10 M25 and mainline from
London Waterloo

Rest, relax, and rejuvenate!



Surrey Yoga Clinic



www.facebook.com/SurreyYogaClinic

or

www.louisedaviesyoga.com

www.mindandbodypilates.co.uk

This weekend costs £348 includes:

- ❖ **2 nights luxury hotel accommodation –no sharing required** (single use of rooms), Friday dinner, Saturday breakfast, lunch and dinner and Sunday breakfast and lunch. Always available tea and coffee, fruit and snacks.
- ❖ **1 x personal Pilates or yoga session** – an individual/paired session
- ❖ **6 x small group classes of Pilates and yoga** (all optional – join as many as you want!)
- ❖ **Personalised programme to take home**, designed specifically for you. This includes recommended practices with full instructions, MP3 recordings of yoga relaxation and breathing techniques.

Non-participating companions are welcome. Ask for additional prices. Great golf and Wisley Gardens nearby.



Louise Davies is an experienced yoga teacher and yoga therapist. She has worked with a wide range of conditions and illnesses including people who have asthma, heart conditions, chronic fatigue, scoliosis, fibromyalgia, underactive thyroid, high blood pressure, stress, diabetes, weight and eating disorders, osteo- and rheumatoid arthritis, menopause, back pain, knee, neck and shoulder injuries.



After years of enjoying the benefits of Pilates **Jenny Elms** trained with the Body Control Pilates® Association, widely seen as the benchmark for safe and effective teaching.

Jenny's main goal through Pilates is to work on the deep architectural structure of the body to achieve and maintain 'core stability'. Body Control Pilates literally teaches you to be in control of your body, and can work for everyone regardless of fitness level!

Contact: Louise Davies

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Read a review by The Queen of Retreats [here](#).

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