

Mrs Osborne



RECOMMENDS . . .



TRANQUILITY:

a journey in yoga, to meet the self

Suitable for
all ages and
abilities

Join me in the wonderful setting of Ampleforth Abbey in glorious North Yorkshire, to dive deep into the pool of your own self and find that dynamic stillness is not a contradiction; it is your very nature.

**Friday 20th - Sunday 22nd
September 2019**

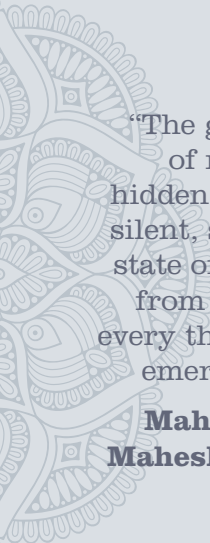
Using a combination of hatha yoga, simple ayurvedic routines and meditative practices, we will explore what it means to be in stillness yet engaged with the world, to live with vibrant energy yet remain rooted within the self, and to face the challenges of life with poise and grace.

“The genius of man is hidden in the silent, settled state of mind from where every thought emerges...”

**Maharishi
Mahesh Yogi**

In all its multifarious splendour yoga is both a physical practice and an experiential reality of harmony and wholeness. The experience flows from the practice and oneness begins with a feeling of being at peace within ourselves. This weekend is an opportunity to explore, develop and heal the relationship we have with ourselves, in order to embrace our own equilibrium and access the creative potential and intuitive capacity that is inherent in each and every one of us.

Tranquility is a weekend of yoga, ayurveda, self discovery and empowerment. Come join me.





Gillian Osborne

Mrs Osborne Recommends is the lifestyle venture of Gillian Osborne; promoting health, wellbeing and sustainable life choices. Gillian is a yoga teacher with The British Wheel of Yoga, the governing body for yoga under Sport England. She is presently vice chair of its national executive committee and teaches Hatha Yoga, both in group settings and one to one. Currently a student on the Masters Degree Programme "Traditions of Yoga and Meditation" at SOAS, University of London, she combines theoretical knowledge with many years of teaching experience to offer yoga that's rooted in tradition, rich with philosophy, and (perhaps most importantly) practical - for the way we live today.

Her perennially popular Tranquility Retreats and Workshops were developed in response to student requests for meditation, relaxation and restorative work. They are also informed by Gillian's own experiences of abuse, addiction and her personal journey to self empowerment, freedom and equilibrium - through the practice of yoga and meditation.



Mind for Cooking

Kate Zaleska is a talented and inspiring vegetarian chef whose philosophy on life, food and eating chimes beautifully with all things yoga. Her food is real, slowly prepared from simple healthy ingredients, full of interesting flavours and cooked with love, attention to detail and respect for our planet. This food is more than delicious; Kate's sustaining and nutritious meals are an integral part of the retreat experience.



Ampleforth Abbey

This retreat will be held in Alban Roe House at Ampleforth Abbey in rural North Yorkshire; a place where people have been gathering to meditate and contemplate for centuries. Alban Roe is situated on the edge of the Abbey site in a very quiet and tranquil spot. There is a large practice room and separate dining area and a small chapel within the house. The bedrooms are basic, but spacious and comfortable and the House leads directly into the beautiful and extensive Abbey grounds.



Guest Tutor: Dr Laura Napran

Laura Napran will be leading a Writing for Wellbeing session as part of the Tranquility weekend. During the session she will take us through some gentle writing activities for Creative Mindfulness. Anyone can do this, no writing experience is necessary, and there is no reading aloud. The session is a personal journey; Writing for Wellbeing facilitates inner discovery and self expression and is a meaningful, often profound and thoroughly enjoyable experience.

Laura has been leading writing workshops all over the UK for several years, helping people find their inner wisdom through their own creativity. In 2015 CNN International chose Laura and her Writing for Wellbeing as one of the 10 Best Jobs in the World. She agrees! Laura says that it is a privilege to do work she loves with all the inspiring people who come to write with her.

For booking & enquiries:

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Prices from £250