

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

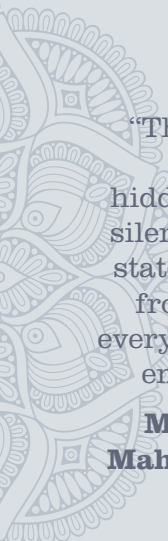
Using a combination of hatha yoga and simple Ayurvedic routines and set within a framework of traditional yoga philosophy, we will explore what it means to be in stillness yet engaged with the world. What it means to be tranquil yet dynamic; to live with vibrant energy yet remain rooted within the self, 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**

When we have too much going on in our lives, our bodies and our minds, it is easy to find ourselves “off beam” and it can be more difficult to access the creative potential and intuitive capacity that is inherent in each and every one of us. This weekend is designed to help you reconnect with the self in a way that is empowering, energising and tranquil. But above all I hope to bring you a relaxing experience that will leave you feeling energised, refreshed and rejuvenated; and I aim to give you some simple yet powerful techniques to help you gain and maintain optimum balance.

Tranquility is a weekend of Yoga, AyurVeda and self discovery. Come join me.





Mrs Osborne Recommends

Mrs Osborne Recommends is the lifestyle venture of Gillian Osborne, promoting health, wellbeing and sustainable life choices. Gillian is a British Wheel of Yoga teacher in the classical Indian tradition. She has practiced and taught yoga for many years and her classes and private sessions are designed primarily for women. Currently studying on the masters degree program "Traditions of Yoga and Meditation" at SOAS, University of London; Gillian combines her theoretical knowledge with techniques for practical application in contemporary times.

Her Tranquility retreats and workshops were developed in response to requests for sessions that are relaxing, rejuvenating and therapeutic. Gillian has a wealth of experience and a particular talent for restorative work and "Tranquility" has proved to be perennially popular.



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 and served 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