

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, rural North Yorkshire, to dive deep into the silence of your own self to discover wholeness, healing and health.

**Friday 18th - Sunday 20th  
September 2020**

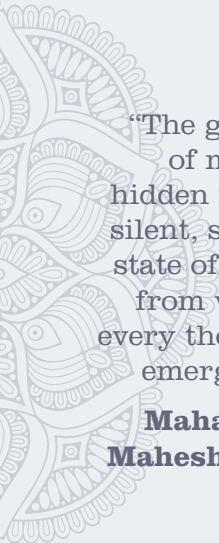
All too often life is about doing instead of being, about existing instead of living. Using a combination of hatha yoga, simple ayurvedic routines and meditative practices, on this weekend we will explore what it means to be in stillness yet remain engaged with the world, to live with vibrant energy yet remain rooted within ourselves, and to face the challenges of life with poise and grace.

Yoga is both a physical practice and an experiential reality of harmony and wholeness. The experience flows naturally from the practice, and wholeness begins with a feeling of being at peace within ourselves and of sensing and expressing the connection of our whole being.

Tranquility is a nurturing weekend of yoga, Ayurveda, contemplation, self discovery and empowerment. I invite you to join me on a journey to dissolving superficial stresses, in order to experience the stillness of your soul, and a connection to the very core of your being.

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

**Maharishi  
Mahesh Yogi**





## Mrs Osborne Recommends

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, including asana work, but focusing specifically on meditative and restorative practice, in classes and personal sessions.

Gillian has studied the MA “Traditions of Yoga and Meditation” at SOAS, University of London and she combines her extensive 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 more meditation, relaxation and restorative work. They are also informed by Gillian’s own experiences of trauma 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 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.

For booking & enquiries:

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Prices from £250

