

SPRING  
WELCOME



INNER  
DISCOVERY  
RETREAT

42 ACRES

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Friday 19th 2pm – Sunday 21st 4pm of April 2019

HOLLY WARREN YOGA

I am so excited to be able to offer this 2 night spring retreat over Easter weekend 2019 after the success of last year.

Join me in exceptional opportunity to experience mindful movement practice, intention setting and live music in exquisite surroundings.



A group of about seven people are sitting in a circle on the grass under the shade of two large, leafy trees. They appear to be in a field or park setting. The scene is captured in a slightly desaturated, naturalistic style.

TRUTH  
&  
GROWTH

HOLLY WARREN YOGA



42 Acres is nestled in a secluded Somerset Valley with rooms to indulge in amidst seven hundred acres of ancient forest and wild meadows. A place to take time and connect to yourself, a place for **truth and growth.**





Awaken to your body and breath to nourish yourself in this entry to spring with deep restoration to achieve balance, vitality and be in the presence of your heart.

Organic vegetarian meals of the highest standard, hand made from organic whole ingredients, sourced within 20 miles from small scale, artisan growers and producers.

A real treat for those who like to combine yoga practice with excellent food.

**HOLLY WARREN YOGA**



**42 acres** – people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

- *Maya Angelou*



Accommodation options range from Dormitories to Twin's and Single rooms (ensuite options available) with luxury linen and towels provided. The centre has several communal spaces including a library, a meeting and reading space.



## Prices per person

**£475** per person for triple room sharing

**£550** per person for a twin room shared bathroom

**£575** per person for a twin ensuite – limited availability

**£580** per person for a twin room shared bathroom – main house

**£595** per person for Double Ensuite

**£595** per person for King with shared bathroom

**£670** per person for Super King Ensuite

**Early bird 10% discount available  
on prices above if paid in full  
- valid until end of Jan 2019**

Payment plans available on request

Single supplement available on request

Optional craniosacral session on request

All enquires email - Holly Warren -  
[contact@hollywarrenyoga.com](mailto:contact@hollywarrenyoga.com)



## **Friday 19th**

Arrival from 2.00pm – get settled or go for a short walk  
Tea and cake 3.00pm  
4.00pm – Welcome circle and intentions  
5.00 – 7.00pm Restorative Yoga  
7.30pm Delicious Vegetarian dinner  
9.00pm Celebration fire – weather depending

## **Saturday**

8-10.15am Mindful and Explorative Yoga  
10.30am Breakfast  
Free time/ Opportunity for Crainiosacral/ Long walks/ Reading  
and Reflecting  
Lunch 1.30pm  
Free time/ Opportunity for Crainiosacral/ Long walks/ Reading  
and Reflecting  
4 – 6.00pm Restorative Yoga  
6.30pm Delicious Vegetarian dinner  
7.45 – 8.45pm Optional Kirtan with introduction to group  
chanting or Movie night

## **Sunday**

8-10.15am Mindful and Explorative Yoga  
10.30am Breakfast  
Free time/ Opportunity for Crainiosacral/ Long walks/ Reading  
and Reflecting  
Lunch 1.00pm  
2.30-3.30pm closing circle and reflections  
4pm departure

## **Transport**

Driving – About 2.5 hours from London there is a car park if you  
decide this option  
Train – You can come by train to the below stations and then  
arrange a taxi for arrival to 42 Acres  
Frome is the easiest from London – about 15-20 mins in a taxi  
Gillingham (Dorest)- 17 mins in a taxi





LOOKING BACK  
I NOW REALISE  
THAT YOGA HAS  
ALWAYS BEEN  
MY PASSION

HOLLY WARREN YOGA



**Looking back I now realise that Yoga has always been my passion; physical expression in connection with body, breath and the inner place of stillness.**

It was present in earliest memories, my parents introducing me to meditation when I was seven, a 'walking' one for a child to practice a few minutes each day. We still laugh at the memory of them coming back into the bedroom a couple hours after being safely 'tucked in' only to find me walking up and down on the bed, still reciting my mantra.

As an adolescent many of my summers were spent volunteering on silent retreats in the Black Forest in Germany and then travelling to India in my late teens and the beginning of more intense study.

At the same time my life has been a journey into movement. I remember always wanting to roll, jump, skip and shift through space. My childhood was largely dedicated to community dance and my early career emerged working as a professional contemporary dancer.

[More >](#)

**HOLLY WARREN YOGA**

My heart has always wanted to find expression and connection. And not distinct from us all, this embrace is above all sought in relationship; with mother and father, brother, friends... and with myself. Sometimes in the sweetness of warmth and intimacy, other times in the fire of controversy and isolation. Looking for love, wanting to come to that inner place we know as home.

And so this relationship with yoga has sustained and accompanied me throughout my life. Integrated into my dance career, it led me back to facilitating breath and meditation workshops throughout Europe and to being invited to teach yoga teacher trainings in London and in Manchester.

I remain at that place of seeking expression and connection, of 'building relationship'. The body and breath have the capacity to inform us in every moment and guide the mind to connect to the present, to what is now.

And so I find that my work is to guide myself and support others to feel embodied and to be ready to be in the world with courage and warmth... for ourselves and for others.



**HOLLY WARREN YOGA**