



YOGA BRUNCH CLUB

RETREAT AT
POUNDON HOUSE,
OXFORDSHIRE

31ST JAN - 2ND FEB 2020

JOIN ME FOR A BEAUTIFUL,
RESTFUL WEEKEND OF YOGA AND
GOOD FOOD TO START OFF THE
YEAR.

ALL IMPORTANT DETAILS:

POUNDON HOUSE,
OXFORDSHIRE, OX27 9BB

FRIDAY 31ST JANUARY -
SUNDAY 2ND FEBRUARY 2020

EMAIL:
YOGABRUNCHCLUB@GMAIL.COM
FOR MORE INFORMATION

A group of people are practicing yoga in a room with a fireplace and a large painting. The room is dimly lit, with sunlight streaming in from a window on the right, creating a warm and serene atmosphere. The participants are sitting on mats on the floor, facing each other. The room features a large, ornate fireplace with a gold-framed painting above it. The overall mood is peaceful and focused.

DAILY YOGA CLASSES

Unwind

DELICIOUS FOOD BY



Rebecca Rhodes-Evans

RETREAT SCHEDULE

FRIDAY

4pm Arrival at Poundon House

6-7.30pm Evening Yin/Yang Class

8pm Dinner

SATURDAY

8.30-10.30am Morning Yoga

10.30am Breakfast

11.30-1pm Walk/Read & Relax

1pm Inversion Workshop

2pm Light lunch

3-6pm Walk/Read & Relax

6-7.30pm Yin/Yoga Nidra

8pm Dinner

SUNDAY

9-11am Morning Yoga

11am Brunch

1pm Departure

(snacks and goodie bags to take
for the journey home)

Please note- subject to change

A woman in a purple long-sleeved top and white shorts is performing a handstand on a purple yoga mat. Her legs are straight and held together, pointing towards the ceiling. In the background, other people are also on mats, some in various poses. The room has a wooden door and a green exit sign above it. The overall atmosphere is that of a fitness or yoga class.

Poundon House

POUNDON, BICESTER OX27 9BB

www.poundonhouse.com



IT WAS THE
MOST
FOCUSSING,
RELAXING &
INSPIRING
WEEKEND.

Kimberly, January 2019





Poundon House

DIRECT TRAIN TO BICESTER FROM LONDON & BRISTOL (VIA OXFORD)

NEAREST TRAIN STATION:
BICESTER NORTH/BICESTER VILLAGE

Poundon House has been owned and loved by the Roscoe family for nearly 40 years. Natalie & Alicia (&Sister) grew up at Poundon House and now both work for the family events business. As a family and a business we have hosted many events over the years, from sprawling house parties to 300-strong fusion weddings!

Our aim is to share the experience of being in a beautiful country house for the weekend, away from the city, surrounded by nature and, in this case immersing yourself in yoga, delicious nourishing food and enhancing your own well-being.

[MAP & DIRECTIONS, CLICK HERE](#)



“

The retreat gave me so much energy and willpower to face the year, the week, the Monday! Thank you, thank you.

”

Luisa, January 2019



There will be daily yoga practices (5 in total), varying from more dynamic vinyasa flow sessions in the morning to slow yin focussed evening classes led by, Clem Balfour and guest teacher Cloudia Hill.

Cloudia's natural and honest approach allows you to strip off any fears or worries that come up, explore, find a freedom, take up as little or as much space as you need and most importantly encourages you to smile. Her non-judgemental approach helps you to grow both physically and spiritually on and off the mat.

Clem's classes are creative, playful and slow and restoring and dynamic at times, teaching with a wonderful infectious energy.

This weekend will build from one day to the next, enabling the group to make progress in their practice with a toolbox of skills that they can take back home with them.

CLEM BALFOUR

Clem teaches an ever-changing sequence inspired by vinyasa flow (aligning breath and movement), which allows her to respond to the energy in the room. Her classes are often set to music, combining elements of Yin and Yang, to help balance out your energy and allow you to experience the effects of Yoga for your body and your mind.



CLOUDIA HILL

Cloudia's natural and honest approach allows you to strip off any fears or worries that come up, explore, find a freedom, take up as little or as much space as you need and most importantly encourages you to smile. Her non-judgemental approach helps you to grow both physically and spiritually on and off the mat.







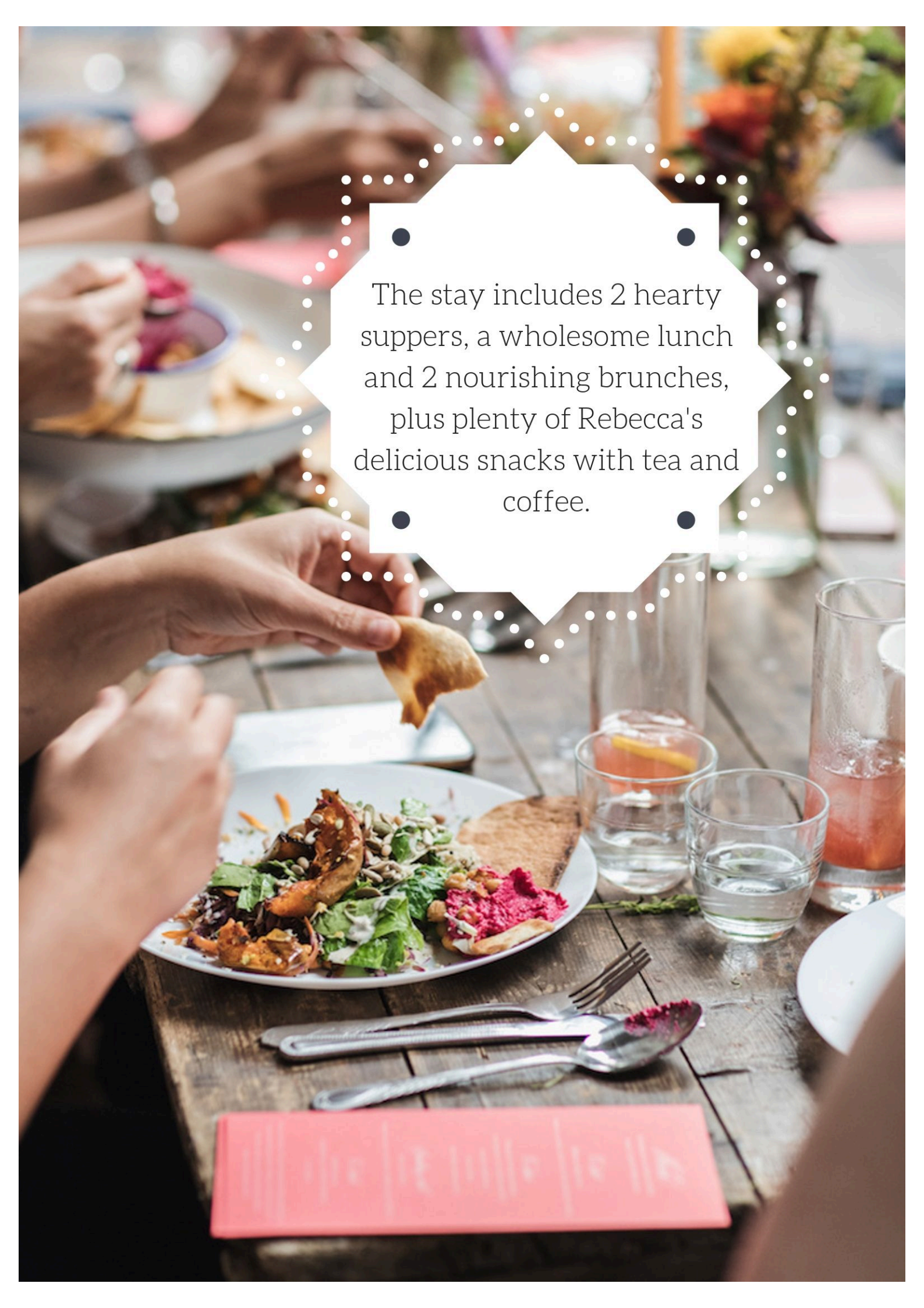
If you have been to a Yoga Brunch Club before you will know that I believe the food is just as important as the yoga, and take pride in the food that is provided.

Rebecca Rhodes-Evans is founder of Rock My Bowl. Having always been obsessed with breakfast, Rebecca started out selling breakfast bowls at Druid street market in Bermondsey. These beautiful bowls quickly gained popularity among health conscious hungry Londoners.

Fast forward three years and Rock My Bowl now caters for events all around London for the likes of Instagram, Pinterest, Liberty, Browns Fashion, Tommy Hilfiger, Elemis, WeWork to name a few. With a focus on seasonal, plant based food, grains and seeds. Rebecca's food is beautiful, nourishing and meant to be a feast for the eyes and the body. It's food that's meant to be shared and lingered over

“When I became a mum it became even more obvious to me how important this first meal of the day is. As a regular exerciser I have always been interested in food as fuel and I have spent a lot of time understanding how to give your body the nourishment and nutrients it needs to function. All too often these foods can be bland when there is so much around to make it sensational”





The stay includes 2 hearty suppers, a wholesome lunch and 2 nourishing brunches, plus plenty of Rebecca's delicious snacks with tea and coffee.

RETREAT PACKAGE PRICES:

TRIPLE ROOM - £396**
TWIN/SHARING - £468**

****EARLY BIRD 10% & GROUP
DISCOUNTS AVAILABLE - VALID
UNTIL DECEMBER****

INCLUDES ALL YOGA CLASSES, ACCOMODATION, ALL
MEALS AND DAILY TREATS

ALL ENQUIRES EMAIL:
YOGABRUNCHCLUB@GMAIL.COM

OPTIONAL EXTRA MASSAGE TREATMENT
AVAILABLE ON REQUEST

CLICK HERE TO BOOK NOW

