SPRING AWAKENING YOGA RETREAT

7-9 May 2027

COBER HILL, NEWLANDS ROAD, CLOUGHTON, SCARBOROUGH, NORTH YORKSHIRE, YO13 OAR



with EmmaLiveYoga

Wake up to Spring in this revitalising and restoring yoga retreat designed to put a Spring in your step!

The Venue

Cober Hill is an Edwardian country manor house located on the coast with large grounds offering beautiful views of both the sea and countryside. The rooms are three star located in the historic part of the house, many having wonderful views out to the sea and countryside. All rooms are En-Suite with a choice of bath/shower or both and are located close to the Theatre where our Yoga will take place. We will also have sole use of a large lounge should you wish to take in the panoramic views of and enjoy some peaceful time indoors.



Your Host...

Emma is a 500 hour Diploma BWY Yoga teacher and Holistic Therapist. She has trained extensively in Ashtanga Yoga with her teachers David Swenson, David Williams and Manju Jois. She is also trained in Yin Yoga and Traditional Chinese Medicince with Norman Blair and Kate Henley. Her classes are compassionate, humorous and offer lots of options for practice whatever body you are in. She believes Yoga should be a joy and the mat a happy place at the same time as being grounded in the classical traditions of The Sutras. Yoga has transformed Emma's life and she feels honoured to pass on the things she has learnt so far as a student of Yoga.



Yoga

The Friday session will be a welcome 'Stretch and Unravel' followed by a relaxation. Morning sessions will be lively and energetic, based on Ashtanga Vinyasa Yoga as well as Strength in Asana. Afternoon and evening sessions will be based on Hatha, Yin, Shadow and Restorative Yoga with some Meditation and deep relaxation.



What's Included ...

- ❖ En-Suite accommodation
- ❖ Breakfast, lunch & dinner
- ❖ Light refreshments – coffee, tea & biscuits
- ❖ All yoga tuition









All Inclusive Prices **

Large Triple En-Suite	£380 per person
Twin En-Suite	£395 per person
Double En-Suite	£395 per person (Single Occupancy - £440 Person)
Single En-Suite	£400 per person

**Extras: Tennis & Croquet Courts for guest use – Free of Charge





To book, contact Emma via her website www.emmaliveyoga.com or email emma@emmaliveyoga.com