**Residential Weekend with**

**Tara Sellars & Sol Brandt**

**Cober Hill, Cloughton, Nr. Scarborough - Friday 11th - 13th September 2020**



***Journey to inner wisdom through movement***

During the weekend we will lead you on a journey of self discovery, exploring how it is possible to move your body from the earth to standing in a variety of ways using: Somatics, Yoga, standing moving flows, all with a sprinkling of creativity. The weekend will offer an opportunity to re-connect, re-calibrate and tune in to your inner wisdom so you can re-claim the joy and abundance which is your birth right.

Our intention is for you to embrace your physical, mental, emotional and spiritual body in a way that is ‘*empowering’* so you then learn to say *YES* to the things that will enrich and fulfil your life journey. Sol is coming from Norway to co-delivering the retreat and comes with a wealth of experience and knowledge, you may like to take a look at her website [www.somaticsnorge.com](http://www.somaticsnorge.com) and Facebook at Sol Somatics. The weekend will comprise of eight sessions beginning on the Friday at 5pm and ending on Sunday at 12.30 for lunch, we hope you will join us



**Cober Hill** is a large Edwardian country manor house located on the coast and set within 11 acres of stunning grounds offering breath-taking panoramic views of both the sea and countryside. There are single or twin rooms, all en-suite with a choice of bath or shower. We have a beautiful large room for our yoga practice and a comfortable lounge for our sole use for rest and relaxation between classes.

All meals are produced from locally sourced produce and will include a meat, fish and vegetarian options. During the weekend there will be time for walks in the surrounding countryside, socialising or simply chilling out. The weekend begins with our first session on Friday at 5pm followed by dinner and ends after lunch on Sunday at 12.30pm.

**Price:** £295 **per person** for a twin room sharing, £30 supplement for a single room **single occupancy** £325.

**Includes:** 8 sessions, en-suite accommodation, full board from dinner on Friday to lunch on Sunday and also teas/coffee and biscuits are at your disposal

**How To Book:** A £100 non-refundable deposit is required to secure your place and returned with your completed booking form asap. The remaining balance of £195, or £225 for a single room is to be paid by 31st May 2020. In the event of cancellation I will aim to re-book the place and refund whatever is possible however all depends according to the length of notice given (see booking form). As always there are a limited number of places on the weekend so early booking is recommended.

**Bookings and further enquiries to:**

Tara Sellars, 17 Exeter Drive, Darlington, DL1 2SE Tel: 07974 677693

Email: [bespoke.yoga@icloud.com](mailto:bespoke.yoga@icloud.com) [www.bespokeyogawithtara.com](http://www.bespokeyogawithtara.com)

**Cober Hill Retreat with Tara Sellars & Sol Brandt**

**11th -13th September 2020**

**Booking Form**

**Guest Details**

Name:

Address & Postcode:

Email:

Contact Telephone Number:

Known Allergies:

Special Dietary Requirements:

Relevant Health Issues/Injuries:

**Room Required**

Single En-Suite £325.00

Twin En-Suite (sharing with ) £295.00

**En suite Preference (if available)**

Bath

Shower

Either

**Payment Details  
A £100 non-refundable deposit is required to secure a place, to be received with your booking form** **by 30th November 2019.**  
Payment can be made by cheque payable to Tara Sellars or bank transfer to:

Sort code: 77-02-17          Account no: 57662860

Forms to be returned via email or posted to Tara Sellars, 17 Exeter Drive, Darlington, DL1 2SE.

Bookings will be acknowledged by email.  
**Balances are to be received by MAY 31st 2020.**

**Cancellation Policy**

***\*****Initial deposits are non-refundable\**. Depending on how close to the start of the event if a cancellation is made you may also lose a percentage of the full cost unless I am able to re-book the place.

Cober Hill charges me on the following basis:

16 to 8 weeks before the event Deposit + 50% of remaining charge

8 to 4 weeks before the event Deposit + 75% of remaining cost

4 weeks before the event Deposit + 100% of remaining cost