

**YOGA HOLIDAY WEEKEND**  
**ISLE OF WIGHT: 5-7 February, 2016**  
**RELAX, RESTORE, REFOCUS ON YOU**



Take yourself to the green rolling hills of the Isle of Wight and enter the warm welcoming walls of a farmhouse to rest your mind, body and soul. Re-connect with your own wants and needs; take time for stillness and reflection; share laughs with like-minded spirits.

Over the course of the weekend Pauline McIntosh will guide you through 4 yoga classes specially designed for the needs of the group, and offer you a life enhancing workshop. Fun and soulfulness can combine as you take one of the numerous local walks, visit the nearby village, curl up in an armchair to read or gaze at the beautiful views, or wander along one of the numerous seashores a short drive away.

Pauline offers 1-1 treatments to those who would like to deepen their care for self: physical, psychological or emotional. As a yoga teacher she draws upon her experience as a Pilates instructor, dance teacher, remedial deep tissue massage therapist, art therapist and psychotherapist. A massage therapist will also be available for longer treatments.



Investment includes tea and cake on arrival, early morning fruit and juice, 4 x 1.5 hour classes, brunch and an evening meal on Friday. All meals are vegetarian at the farm. On the Saturday the group can visit a nearby Michelin starred pub/restaurant for dinner for a modest sum for two courses. A water, tea and coffee station will be available throughout your stay. Prices do not include transportation to the venue.

Call Pauline on 07976 322234 if you have any further questions. You can also email [pauline@themindbodymovement.com](mailto:pauline@themindbodymovement.com) with any queries or to book your place.