

ANNA MACGREGOR YOGA

Devon Spring Yoga and Wellbeing Retreat



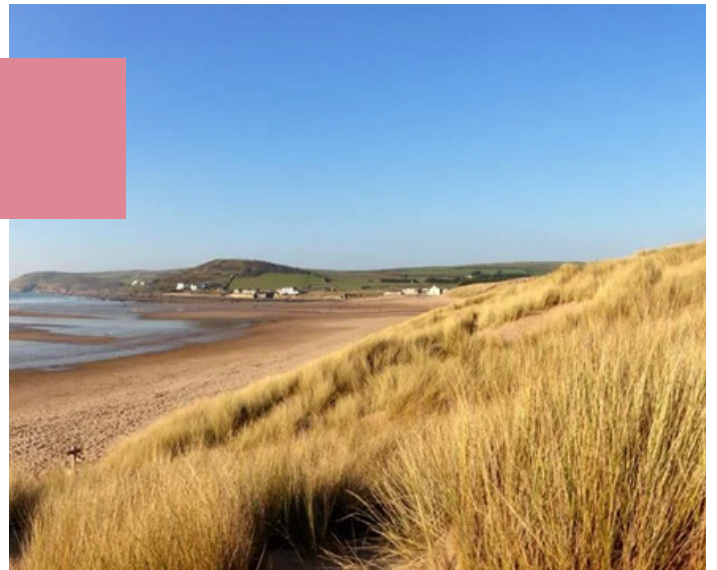
CROWBOROUGH FARM

Georgeham, Croyde
26 - 29 April 2024

Retreat with anna to beautiful, tranquil surroundings to relax, rejuvenate & restore

THE VENUE

Nestled in a wooded valley near Croyde, Crowborough Farm is a beautiful farmhouse perfectly designed to accommodate Yoga retreats. Walk the coastal trails from the house, cycle around the picturesque local villages, or spend time lounging on the beach.



RELAX

The weekend's yoga will be a blend of vinyasa flow, meditation, yin and restorative yoga. With 3 nutritious meals a day the weekend is designed to nurture and replenish, giving you time out to reconnect with yourself and nature.



ANNA MACGREGOR

Anna is an experienced yoga teacher trained in both Iyengar & Hatha yoga, she's been teaching yoga for over 5 years & practising for over 25! Anna's focus is on whole person wellbeing & inclusive practice, encouraging you to find the yoga practice that's right for you. Classes encompass asana, pranayama, meditation & draw inspiration from her dance training.

TESTIMONIAL

'The retreat really surpassed expectations on all fronts - the variety and quality of the yoga classes, the exceptional and beautiful home we stayed in, the incredible inventive plant based food, the stunning North Devon setting and of course the lovely and inspiring company - thank you Anna!'



THE OFFERING

- 6 yoga sessions with Anna
- 3 nights accommodation & all meals
- Sound Bath and Nature walks

Inclusive cost per person

Double room for 1 person - £595

Bed in twin room - £430 total

Bed in triple room - £380

Maximum retreat size 10 people

25% deposit required on booking

