

YOU'RE INVITED...



TO MY WINTER YOGA RETREAT  
IN NORTH YORKSHIRE

14TH-16TH NOVEMBER 2025

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# THE TEACHER



## **Adele Wills of Adeles Yoga**

*Yoga teacher*

You'll enjoy Yoga with me each day; morning and night, with free time in between to do as you feel. I teach Hatha Yoga, and I blend Yin, Restorative, Breathing and Meditation techniques, all wrapped in kindness. The mantra that I teach by is 'to have no shoulds, to have no expectations, to be welcome just as you are'. When we let go into that place within, we rest and then gently rejuvenate.

## **Rest and Rejuvenate**

*The invitation within the retreat*

The retreat is called 'Rest and Rejuvenate', which is the invitation from the moment you arrive. To step away from your day-to day life and give time and space for your deep-self to rest and restore. From that place of rest we're able to tap into the quiet, contemplative nature of the Winter season - and gently rejuvenate.



You'll enjoy a Winter warming weekend of yoga, relaxation, and celebration of you just as you are. It's important for you to know up-front that you can do as much or as little as you like. Between yoga sessions and dining, you're able to explore the area (we have great walks on the doorstep) or dive into that book you've been saving, or flit between the facilities, or all of the above! It's all there for you to dip in and out of as you wish.



# PRICES / WHAT'S INCLUDED

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## £425 per person

Price is based on 2 people sharing. For **single occupancy it's an additional £100**. A non-refundable deposit of £150 required for your booking.



## Accommodation

2 night stay including all your home-cooked meals and refreshments throughout (except your eve meal drinks - payable direct to The Tree)



## Afternoon tea

An afternoon tea served on the Saturday - who doesn't love a cuppa tea and cake! If you're out hiking we'll save you a piece, promise!



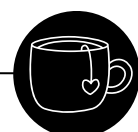
## Spa facilities

Unlimited use of the spa facilities: sauna; hot tub; cold water therapy tub. Expect the dreamiest of views out across the valley from the hot-tub!



## Yoga practices

Fri: Bedtime Yoga Nidra  
Sat: 2 morning yoga sessions;  
1 evening restorative practice with bedtime Yoga Nidra  
Sun: 2 morning yoga sessions



## Refreshments

Drinks / refreshments are available to you throughout the weekend. I don't think I've ever seen such a great selection of herbal teas!



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# NEXT STEPS



*Thank you!*

There are 17 places available on this retreat. To book on, please contact me directly at [adele@adeleyoga.com](mailto:adele@adeleyoga.com)

I will send the booking form out to you, which must be completed and sent back with the deposit to secure your place.

e: [adele@adelesyoga.com](mailto:adele@adelesyoga.com)

w: [adelesyoga.com](http://adelesyoga.com)

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# BOOKING TERMS & CONDITIONS

## **Booking Terms and Conditions**

No booking will exist until a completed form and deposit has been received.

Each person attending the weekend must fill out their own form.

A confirmation email will then be issued

The deposit is NON-REFUNDABLE in ANY instance

The balance of the money is due 6 weeks BEFORE the weekend. Please make sure you enter your correct email address on the booking form as an email reminder is sent out 8 weeks before the weekend starts with all the details on that you will need. If the balance payment is not received by the due date Adele at Adeles Yoga reserves the right to cancel your reservation, retain your deposit and offer your space to someone on the waiting list.

Should you have to cancel due to a positive Covid test or any other illness and have paid your balance NO REFUNDS will be given - you will need to claim from your travel insurance company. Please refer to my cancellation policy below. I recommend that you print this information off and keep a hard copy to refer to.

Adeles Yoga and The Tree reserve the right to alter these conditions where necessary.

## **Cancellation Policy**

If unfortunately you need to cancel the following charges will apply;\* 6 weeks notice or more - 50% of the balance payment will be refunded minus the deposit\* Less than 6 weeks notice - NO REFUNDS WILL BE GIVEN. The full amount is payable\* It is STRONGLY recommended that you purchase travel insurance which provides cancellation cover.