

“Cultivating Calm In The Body And Mind”

5 Day Retreat On Holy Isle -Arran

With Dave Oldham And Tina Gilbert

June 24-29 2023



- We will be exploring Hatha Yoga along with meditation & compassion practices to help cultivate calmness and clarity in body and mind, developing acceptance of how we experience the practices in the present moment, overcoming any resistance we may encounter in order to create physical and emotional balance.
- We will, weather permitting, take some of the practices outside into the beautiful environment on Holy Isle, spending some time sitting and walking in the natural space the island offers
- We will explore how to integrate the practices into our daily lives following on from the retreat so we may continue to benefit from our experiences

Cost of retreat: £250 plus
Accommodation: Booked
separately through the Holy Isle

For more information contact:

Tina Gilbert:

tinagilbert41@yahoo.com

07834970409

www.yogamed.co.uk

Dave Oldham:

david.oldham1@btinternet.com

07779498218

Tina and Dave first met whilst training with the mindfulness association about 12 years ago and have taught together a few times over the years. Both run retreats and decided it was a good time to come together on the Holy Isle for this one, the most beautiful location. This retreat is suitable for all levels.

