

# Yoga Retreats at Over the Rainbow in 2023



*The spring cherry tree, sequoia tree in summer and walled garden at Over the Rainbow*

Three weekends to nurture your-self in a homely and welcoming environment:

**Spring** - the push to emerge and grow; Fri 26th - Sun 28th May

**Summer** - the expanse and exuberance; Fri 18th - Sun 20th August

**Autumn** - the withdrawal of energy; Fri 20th - Sun 22nd October

Rose Thorn's teaching will help you to gently unwind, relax and feel rejuvenated:



**Yoga** for deep rest - Scaravelli- inspired

**Meditation** with periods of silence

**Delicious** home-made vegetarian/vegan meals

**Space** to explore and enjoy beautiful west Wales



Shared and single accommodation is available but spaces are limited to 10 people, so please book early to avoid disappointment.



Residential Fees include accommodation, teaching fees, and all three meals:

**Sharing:** £380 (triple or twin ensuite rooms) / **Non-sharing:** £450

**Camping / Camper vans:** £310

A non-returnable £180 deposit per person will secure your place

The balance is due 1 month before the weekend retreat

There is lots of information and enticing photos on their website:

<https://overtherainbowwales.co.uk/>

**Contact Rose Thorn** for more details and a booking form:  
rosethorn.email@gmail.com



*"Yoga must not be practised to control the body; it is the opposite, it must bring freedom to the body, all the freedom it needs"*

*Vanda Scaravelli*

## **Rose Thorn**

I have been practicing yoga for over twenty five years and teaching for thirteen. I trained with the Inner Yoga Trust, which placed an emphasis on experiencing yoga intuitively within one's own body, rather than making rigid shapes; the teachings were inspired by Scaravelli.

*"My body and soul benefit from your friendly expert tuition, which widens my horizon"* Yoga student

I teach weekly community classes and facilitate day retreats at Over the Rainbow, working with a diversity of people, beginners and those with more yoga experience. I am an intuitive and responsive facilitator, focusing on what one can do - with a playful, gentle approach, encouraging one's spontaneity and curiosity.

*"It is deeply nurturing being in your classes Rose; every time I attend I experience a profound emotional shift"* Yoga student

I have over twenty years' experience of working psycho-therapeutically as a therapist in various settings including the NHS, community care and in private practice. As a committed Playback Theatre improviser/performer and artist; I will be drawing on my creative and therapeutic approaches in the facilitation of these three Yoga Retreats at Over the Rainbow.