

ENERGISE & RESTORE - MINI YOGA RETREAT

ST JOHN'S COLLEGE, OXFORD

Saturday 25 June

11.00 to 16.30



A one off opportunity to come and enjoy two special yoga practices in the beautiful, historic grounds of St John's College.

The Yoga

Two special classes to energise, stretch and strengthen the whole body and leave you feeling grounded, spacious and fully restored. Both sessions will be suitable for everyone, except complete beginners.

The first yoga class will focus on creating space, stability and strength throughout the whole body. We will strengthen the core, open the hips and work to loosen any tension around the shoulders, upper back and neck.

The second session will be a more gentle practice and include some yin yoga and restorative poses to leave you feeling truly nourished and rested at the end of the day.

The Teacher

Caroline weaves together her extensive experience of vinyasa flow, Iyengar & restorative yoga to create intelligently structured, well balanced sequences that create space and strength in the body and quieten the mind.

With a background in dance, drama and gymnastics, Caroline has had a dedicated yoga practice since 2004 and was awarded a distinction for her teaching in her training with Yoga Campus at the Life Centre, one of the most rigorous teacher training programmes globally. Caroline teaches at London institutions including London Zoo, the Serious Fraud Office and university colleges. She also has a specialist qualification in yoga therapy and teaches one to one sessions for those individuals looking for a bespoke programme or with specific health requirements.

Testimonials

"Thank you again Caroline, I really enjoyed the session tonight. Some miracles must have happened because my lower back pain just went away. I felt completely "refreshed" and felt a very acutely positive energy flowing."

"Yoga with Caroline has been a fantastic experience, the lessons have not only improved my physical health but my mental wellbeing too. The routines have made my work more focussed, reduced stress and alleviated regular aches and pains by correcting posture."

St John's College

The College of St. John Baptist was founded in 1555 by Sir Thomas White, a wealthy London Merchant Taylor, former Lord Mayor of London and a devoted Roman Catholic.

The site and buildings were those of St. Bernard's College, a Cistercian house begun by Archbishop Chichele in 1437. The front of the College appears much as it did then, as do the North and South sides of the Front Quadrangle.

The College incorporates the famous 'Canterbury Quadrangle', a masterpiece of seventeenth century architecture and the college gardens are considered amongst the finest of any Oxford College, offering a peaceful oasis in the very heart of the city centre.



The College Library is housed in beautiful historic buildings and contains significant collections of early and rare books and manuscripts spanning the ninth to the twentieth centuries, from Aelfric to Spike Milligan.

The Day

11-11.30: Tea and welcome

11.30-12.45: **Yoga – Energise and Open**

13.00-13.45: Buffet lunch

13.45-14.45: Time to explore St John's and/or Oxford. Walk in the College Gardens or nearby University Parks or visit the College Library and the Ashmolean Museum.

15.00-16.15: **Yoga – Ground and Restore**

16.30: Departure

£48 including lunch. Concessions available for students and unemployed.