



YOGA
WEEKEND
at
Florence House
Seaford
with
Sue Delf & Julia Weltman
August 11th – 13th
2017



Inspiration, peace and renewal

Florence House sits on the brow of Seaford Head, Sussex, within an area of outstanding natural beauty and has wonderful views of Seaford Head and the golf course. The interior comfort of the house, the abundant garden, the proximity to the sea and the wildness of the Downs, make Florence House a perfect venue to practice yoga in a peaceful restful environment.

Apart from yoga each day there will be time to relax, indulge oneself with a massage or perhaps a leisurely stroll along the stunning coastal cliffs or on the beach.

The food is vegetarian (& delicious) using organic locally sourced produce where possible and vegetables from their own kitchen garden. Accommodation is in twin bedded rooms, with some triple rooms and single rooms available, please see their website for more info www.florencehouse.co.uk

This yoga weekend will offer you time to replenish and recharge, give you a break from your busy life to unwind and re energize mind, body and soul through the many incredible techniques of yoga, so that you return home recharged, deeply rested and invigorated.

£345.00 p/p

Price includes full board, accommodation and YOGA each day
For more info or to reserve your place please contact Sue or Julia
sueyoga@btopenworld.com - www.suedelfyoga.co.uk
juliaweltman@hotmail.com - www.juliyoga.co.uk

sue delf linden clive road esher tel 01372 464476