

Switch off, breathe,
move, eat & sleep in this
unique mountain
setting, near a stream in
the heart of Snowdonia

With exclusive use of the Yr Ocar
venue, our Snowdonia retreat will
provide authentic Hatha Yoga, true to
its roots and space for you to switch off
in the company of like minded yogis



Additional Information

Price Includes:

Accommodation

4 x 2 hours yoga practice, including yin yoga

6 vegetarian meals (2 x breakfast, 2 x lunch,

2 x evening meal), other diets catered for

Not Included:

Travel to and from the venue

Travel Insurance

Venue Address:

Yr Ocar, Coed y Parc, Bethesda, Bangor,

Gwynedd, LL57 4DQ, Wales

Yr Ocar is situated just off the A5, eight miles
south of Bethesda in the Nant Ffrancon Valley,
North Wales

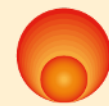
Sandstone Yoga & Pilates, 26 – 27 Anchor Parade,
Aldridge, West Midlands, WS9 8QP
www.sandstone yoga.co.uk

Snowdonia Weekend Yoga Retreat

9th to 11th
November
2018



Yr Ocar offers 7 bedrooms in the house with a
choice of double, twin or single rooms,
decorated in a traditional style. There is always
a quiet corner to stretch out or curl up in.
The yoga room has a wood burning stove and
there is a cosy kitchen to relax and unwind in.
The venue is 20 minutes from Snowdon and
one mile from the longest zip wire in Europe!



SANDSTONE
YOGA & PILATES

Itinerary

Friday

4pm onwards, arrivals

6-8pm - Yoga with Louise

8.30pm - Evening Meal

Saturday

8.30am – Breakfast

9.30am - Short Silent Walk

10.30am–12.30pm - Yoga with Win

1.15pm – Lunch

2pm onwards – free time, optional walk

5-7pm – Yoga & Yoga Nidra with Win

8pm - Evening Meal

Sunday

8.30am – Breakfast

9.30am - Short Silent Walk

10.30am-12.30pm - Yoga with Lis

1pm – Lunch

from 2pm depart



SANDSTONE
YOGA & PILATES

To find out more,
please contact us:

01922 277684

retreats@sandstoneyoga.co.uk

To Book

- Email us at retreats@sandstoneyoga.co.uk to confirm your preferred room type
- Pay a deposit of £50 to secure your place
- Pay the balance by 10th September

Payments may be made in cash to head office
or electronically to: Michelle Nicklin

Sort Code: 09-01-28

Account No: 20602906

Reference your payment with Snow I I and
your surname e.g. Snow I I Smith



Pricing

- Large double or twin room with ensuite, £320pp or £640 for sole occupancy
- Single Room with en suite £375pp
- Twin room with en suite, £295pp or £590 for sole occupancy
- Twin room with shared bathroom, £275pp or £550 for sole occupancy

