



YOGI RANTA

PRIVATE YOGA
RETREAT

26-28 Jan 2018



About Yogi Ranta

Ranta Devi Averate is a Yoga Alliance Certified & Insured Freelance Yoga Instructor. She received her certificate through Tantric Hatha Vinyasa school Zuna Yoga founded by Everett Newell & Katherine Girling in Bali, Indonesia.

- ❖ With 1000 teaching hours under her belt and a minimum of 2-3 hour daily self-practice, Ranta is a confident and skilled teacher.
- ❖ Ranta teaches beginner to advanced **HATHA VINYASA** classes that combines the alignment and foundational approach of Hatha with the intensity and power of vinyasa. Expect an uplifting and strong class, deep breath practices and meditation. In her classes she is using a wide variety of yogic tools, such as asana, vinyasa transitions, bandha, pranayama, meditation, mantra, and relaxation.
- ❖ She is also specializing in **YIN YOGA** classes: gaining flexibility in a slow paced meditative environment where Poses are held for longer periods of time.
- ❖ Ranta is devoted to her spiritual path and follows the principles of **TIBETAN BUDDHISM**

Retreat Programme

Delve into the transformative practice of Hatha Vinyasa & Yin Yoga. Our retreat will benefit practitioners from all levels of experience, from beginners to more advanced. **With only 7 spaces available this will be a private & intimate 2 Night & 3 days retreat with 6 hours of Yoga, private tuition, delicious vegan & vegetarian meals + detox juices and smoothies.** Yogi Ranta will infuse the practice with her skills, technique and knowledge of Yoga Philosophy. This Retreat will challenge and relax, all within the beautiful setting of Wales mountain landscape, United Kingdom.

Location - GLADESTRY, WALES, UK

Gladestry is a pretty rural village situated in Mid Wales, surrounded by popular thriving villages, close to the quaint little market town and centre for walkers, Kington. There are a variety of tourist attractions close by including the Kingswood Small Breed Farm Park and Owl Centre, the pretty blooms at the Hergest Croft Gardens, the Mortimer Trail and not to mention the renowned Offa's Dyke Path. The ancient city of Hereford, with its impressive Norman cathedral and famous Mappa Mundi, offers a great day out. A delightful holiday location to suit all ages and tastes.



The Property & Amenities

A spacious, modern, detached house with reverse living accommodation, set over two floors - twin & triple rooms, garden, patio with a hot tub.





Schedule

Friday

17:00 - 19:00

Arrival & Check-in

19:00 - 22:00

Welcome Dinner / Free Time / Hot Tub

Saturday

08:15 - 09:30

Hatha Vinyasa (Noble silence till 10am)

10:00 - 11:30

Brunch

11:30 - 16:00

Free time /20 min private tuition included

16:15 - 18:00

Masterclass - Mantra, Asana, Pranayama, Dhyana

19:00 - 20:00

Dinner

20:00 - 22:00

Free time/ Discussion / Self study / Hot tub

Sunday

08:00 - 09:15

Hatha Vinyasa (Noble silence till 10am)

09:45 - 11:00

Brunch

11:00 - 13:00

Free time /20 min private tuition included if requested

13:15 - 15:00

Yin Yoga / Restorative / Yoga Nidra

15:00 - 17:00

Free time/ Afternoon Tea/ Check out

*** Fresh Fruit, drinking water, selection of herbal teas will be available at all times***

Smoothie or detox juice will be served at 15:00 on Saturday & Sunday

Price & Booking - **£ 225.00**

£75 - Deposit upon the Booking (NON REFUNDABLE)

£75 - Balance 1 on the 1st of December 2017

£75 - Balance 2 on the 1st of January 2017

Email info@yogiranta.com to book your space