



YOGA GARDEN



Yoga Garden - at the Heart of the Community

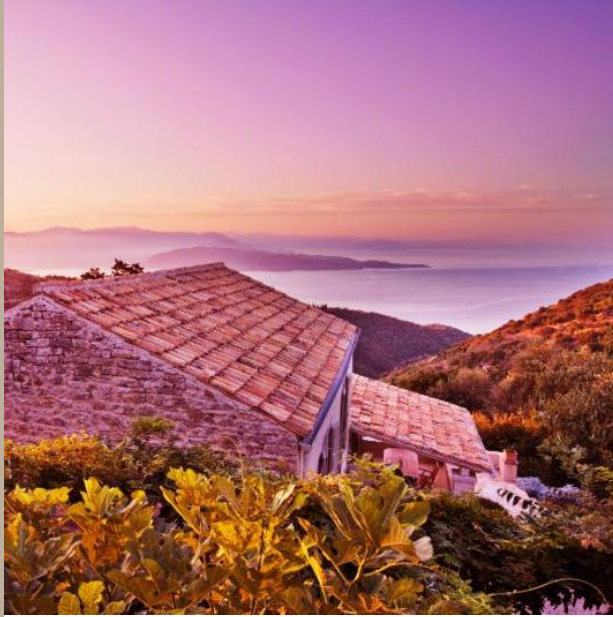
The Yoga Garden was founded 8 years ago and today its ethos continues. At the heart of all we do is our loving yoga community supporting our growth and transformation.

As we've now found our perfect home in the beautiful wildflower meadow at Knepp, we felt the time was right to create a new streamlined website, which promises to be more informative and easier to use. Take a peek [here](#).

We have lots to tempt you in June, including a special family celebration for [International Yoga Day on 21st June](#). Salute the sun (108 times!) in our glorious wildflower meadow.

Indulge the Senses| 17 - 24 Sept 2017

Join us for an idyllic [7 night retreat](#) at our new destination, The Rou Estate. On the Ionian island of Corfu, this paradisiacal location blends luxury with breath-taking views and the



pervading scent of aromatic herbs from the award-winning Mediterranean garden.

Led by Greek yoga teacher George Roussakis along with Claire Skinner and Emily Graves, who will take you through an inspiring trilogy of methods – Ashtanga foundations, Yoga Flow & Yoga Nidra. You can also meet George at the [Ashtanga Elements Workshop](#) on Sat 10 June.

And do check out our tantalising [Turkish Retreat](#) in the magical town of Kas in October.

Join us on the Mat

[Ashtanga Elements Workshop with George Roussakis](#)

Sat 10 June 10 am - 5 pm

[Sound Bath with David Tipper of Nada Sound Therapy](#)

Sat 10 June 6.30 – 8pm

[Mastering Yoga Assists Series with Amrita](#)

Part 1 | 11 June 10.30am - 3.30pm

[Yoga Workshop for Riders](#)

Mon 12 June 3 - 5pm

[Solstice Embodiment with Delamay Devi](#)

2 Workshops 17 & 18 June | 10.30am – 3.30pm

[DoTERRA Gifts of the Earth Workshop with Nina & Georgie](#) | Sat 24 June 2 - 5pm



Horse & Rider in Harmony with Yoga

In this intuitive [Yoga Workshop for Riders](#), Susie O'Kelly, Riding Instructor, Yoga teacher, Nutritionist and Health Psychologist will reveal the secrets of enhancing the subtlety of your riding skills through yoga. Perfect for the rider that wants to develop more strength and endurance, while remaining calm and relaxed Working with a range of asana to open the hips and strengthen the psoas muscle to create a deeper seat and better connection with your horse. Also incorporates breath work for balance and to relax the nervous system. Susie will show how using your breath can calm and influence your horse to create a trusting communion.

Refine your Intentions with Delamay

Delamay Devi returns to The Yoga Garden for her annual solstice [workshops on 17 & 18 June](#). Join for one day or the whole weekend. This special festival of light when the longest day heralds the start of summer offers the perfect time to receive the healing power of nature.

Give yourself permission to recharge in this uniquely nurturing atmosphere under the warmth of the sun. Breathe, move, celebrate, explore, share, meditate and create. For anyone that wants to fuel their dreams and fulfil their aspirations guided by the magic that is Delamay!



We are all so looking forward to sharing The Yoga Garden with you this summer. Do try out our new [Sunday Rise & Shine class](#) starting 11 June if you'd like a flying start to the end of your weekend.

And, we're delighted to announce that the Yoga Garden has been selected as a finalist in the Muddy Stiletto Awards 2017 -Sussex. Voting is due to start again soon (previous votes are discounted so please do cast your vote again if you'd like to see us in with a chance). [Vote HERE](#).

Love and light
Nina, Claire & the team

[Book a class](#)

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