



YOGA GARDEN

New shoots and Budding ideas

This spring continues to see a schedule of new [workshops](#), [classes](#), [retreats](#), and [fairs](#). There's no better time to nurture your new shoots and imbue your budding ideas.



FRINGE BENEFITS

We have an amazing new 18ft therapy yurt currently being hand-crafted by Chris Birch, which will have its first outing at the [Floral Fringe Fair](#) on the grounds of Knepp Castle; Saturday, June 2 & Sunday, June 3.

We will be offering a range of mini therapies, yoga classes and a mini sound bath over the two days. There will be plenty of opportunities for the whole family with [Lydia Styles](#) offering her children's and family yoga sessions, Thai yoga massage with our newly graduated Thai Massage therapists, an opportunity to meet [Chloe Manlay](#), our new resident nutritional therapist and wellbeing expert Georgina Griggs for talks on essential oils and all things 'wellness'.



BUDDING IDEAS FOR OUR NEW YURT PLEASE?

Following on from the Floral fringe fair, our new therapy yurt will be nestling into the tranquil meadow near to our existing yoga yurt, and will be available for hire and for treatments from June 7.

Our aim is to create a beautiful space to unwind, relax and restore, offering specialist treatments and advice from our range of expert, in-house therapists and yoga teachers.

We would love to hear your ideas and suggestions on what you'd like to experience in our beautiful therapy yurt. Please email nina@theyogagarden.co.uk with your ideas.

TURKISH DELIGHT

Serenity Sunshine and Laughter Retreat with Fatma Balkan & Nina Fowkes.

19th - 25th September 2018 (£895 per person)



If you're looking for somewhere to indulge your love of yoga and want to bring your partner who is willing to dabble but may want to hit the beach or town, then this is the retreat for you.

Join us in Kas on Turkey's stunning Turquoise coast, where you are almost guaranteed to spot turtles.

Your retreat hosts; Nina and Fatma offer you an eclectic mix of inspiring daily yoga, massage and tantalizing food, located right on the water in a luxurious boutique hotel, just a few minutes from a vibrant town.

[Translate](#) ▼

You will experience the expertise of Fatma's teaching which deftly melds the anatomical precision and clear instruction of Iyengar Yoga with a nurturing and inclusive approach that makes her classes suitable for the absolute beginner and the experienced yogi alike.

This is the perfect retreat to choose if you are seeking a relaxing holiday with the option of adventure, making it ideal for yogis and non-yogis with something for everyone to enjoy

BOOK NOW

SOMETHING NEW



Welcoming Chloe Manlay; our newest team member.

From May 1st, we are very pleased to welcome yoga teacher and nutritional therapist Chloe to our team. Chloe practiced yoga for over 10 years before embarking on her teacher training with Jivamukti founders; David Life and Sharon Gannon. For Chloe it was the natural step to deepen her personal knowledge and provide a more holistic service to her nutrition clients. Following her successful graduation, Chloe traveled and worked at some of the best yoga and wellbeing retreats throughout Costa Rica, Nicaragua, and Ibiza and is excited to become part of our team.

NEW LOOK FOR TUESDAY'S

Chloe will be teaching the Jivamukti, Spiritual Warrior class, Tuesdays 12:00 - 13:00, and offering personalised yoga and nutritional coaching on Tuesday afternoons from May 1st.

Chloe is offering a FREE 30-minute 'gut health' check-up during the month of May. If you want to make the most of this offer, please

RISE 'N' SHINE - SUNDAY

As the warmer weather proceeds, we have added some Sunday sunshine to the timetable. Rise 'n' Shine yoga on Sunday's is back, starting Sunday 22 April, 08:30 - 09:30.



Saturday 'Rise 'n' Shine continues 08:30 - 09:30



HATHA YOGA & MEDITATION FOR BEGINNERS

Starting Thursday, May 3rd, 11:30 - 12:30 pm

This is a gentle, slow paced, (Iyengar style) class and is especially suited to the complete beginner or to those returning to yoga after a long break, illness or injury.

Focusing on alignment, this class will create a sense of ease that can be felt through the breath, movement, joint mobility, improved balance, and a deeper awareness of the body. More info [here](#)

WORKSHOPS



FINDING YOUR GROUND

Yoga Therapy Workshop

with Silvia Laurenti

Sat, 21 April, 10:30 - 13:30, £35

Through anatomical and physical exploration we will tune into our foundations and learn techniques to strengthen the ankles and feet and how to best align the knees, both for safety and protection with Physiotherapist, Pilates & yoga teacher Silvia Laurenti.

[Info and booking here](#)

Yoga For IBS

with Chloe Manlay

Sat, 28 April, 10:00 - 13:00, £35

Join Chloe; nutritional therapist, health coach and Jivamukti yoga teacher for a relaxing and informative workshop to understand your digestion and learn simple tools to restore balance. [Info and booking here](#)



One Day Retreat to Spring.

With Beverley Heatherington

Sat, 5 May, 10:30 - 16:30, £70

A day just for you; flowing yoga asana, nutritious lunch, kinesiology; self-regulation techniques and yin yoga. [Booking with Beverley here](#) or call: 07815 311332



INVERSIONS

with Samantha Roy

Sun, 29 April, 14:30 - 14:30, £25

Through deep exploration of technique and skilful application, we learn how to turn the body upside down. Building strength through careful preparation and relevant sequencing, we will gain important confidence. Expect a dynamic and playful session.

[Info and booking here](#)



REST & DIGEST

In line with our '[Yoga for IBS](#)' workshop this month, with Chloe Manlay, our in-house essential oils expert Nina Fowkes recommends doTERRA *DigestZen* as a wonderful companion to aid in the digestion of food, soothe occasional upset stomachs, and reduce uncomfortable gas and bloating.

Ingredients: Essential oils blend of; Anise Seed, Peppermint Plant, Ginger Rhizome/Root, Caraway Seed, Coriander Seed, Tarragon Plant, and Fennel Seed, helps to:

APRIL GLAMPING OFFER 20% OFF!

Make it a mini-break! Come and try out our classes or workshops and stay over on the Knepp estate with this exclusive April glamping offer. USE CODE: YGAPRIL



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With love from Nina and The Yoga Garden team

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