



## Yoga & Spa Weekends in Cornwall

from Yoga at Work - making yoga Work for you  
Suitable for all levels - specialists in stress management  
[www.yogaatwork.co.uk](http://www.yogaatwork.co.uk)



### **Yoga and Spa Weekends in Cornwall 2008 with Phil Aston BWY Dip t : 01736 719342**

**Phil Aston** holds a full teaching diploma with the British Wheel of Yoga (recognised by the UK Government as the governing body for yoga in the UK) and an 'Advanced Instructor Level 3 Certificate' with the Register of Exercise Professionals.

**[www.yogaatwork.co.uk](http://www.yogaatwork.co.uk)**

**[phil.aston@yogaatwork.co.uk](mailto:phil.aston@yogaatwork.co.uk)**

#### ***As featured in Cornwall Today***

Our yoga weekends are suitable for all.

Prices include 2 night's accommodation, evening meal, breakfast and all yoga tuition.

Each venue is chosen for its facilities and location. Our aim is to provide the perfect yoga holiday and to strike the right balance between yoga practice, time for yourself, good food, great location and comfort. All weekends feature at least 6 hours of yoga, suitable for all levels.

Our approach is to teach yoga in a totally holistic fashion. It is important to us that people understand the benefits of each posture and how this relates to modern life and how these powerful techniques can help you on a personal level.

All classes are themed to a particular subject and each class is suitable to everyone regardless of their background, age or experience.

You will become more flexible, you will see your strength and stamina increase but even more importantly you will learn the art of mental and physical balance.

These yoga classes will enable to enjoy your life, let you tap into increased energy levels and help you in your work and relationships.

#### **The Venues**



#### **The Bay Hotel and Fistral Spa Newquay : New for 2008**

The Bay Hotel is a 3 star hotel in Newquay has 97 ensuite rooms many with sea views and balconies

The Fistral Spa is located within The Bay Hotel, the spa is one of the most superior Spas in the South West. Fistral Spa offers nine individual treatment rooms, a spacious relaxation room, an indoor headed deck-level swimming pool (11m), fitness suite containing Life Fitness equipment with state-of-the-art AV equipment to entertain whilst training, not to mention the jacuzzi, steam room and sauna.

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Updated July 21<sup>st</sup> 2008



## The Venues (con't...)



### Budock Vean Helford River - 4 Star

A privately owned, friendly 4 star hotel nestled in 65 acres of award winning gardens and parkland on the banks of the tranquil Helford River. Its extensive leisure facilities include:- Award winning restaurant. five or six course dinner every night using the finest local produce, followed by Cornish Fudge and coffee. Seafood is a speciality.

A jacket and tie are requested in the cocktail bar and main restaurant but the Country club room offers the same menu without this formality.

Natural Health Spa which is dedicated to relaxation, rejuvenation and good health. We offer some of the most effective health and beauty treatments, using products and techniques conducive to natural well-being.



**Crantock Bay Hotel** has been accredited with the highest AA Three Star rating in the area, it has again been selected to feature in the Good Hotel Guide and has been listed as one of the Top Family Hotels according to The Guardian.

### Recent comments on our Yoga weekends

*'I REALLY enjoyed the carefully considered structure of each class and your inimitable style of presentation with its finely balanced combination of technique, wisdom and humour. Thank you for making each class on the yoga weekend such an experience; so much more than just another yoga retreat. Yoga with personality.'*

**John**

*'A very big thank you for such an inspiring weekend of Yoga. I thoroughly enjoyed the lovely facilities, friends I made, and kind staff at the Hotel. I am already missing the culinary delights (all inclusive) and spa treatments available at a discounted rate thanks to the Yoga package. But most of all a very big thanks to you, for taking me to another level with my Yoga practice. Yoga has been part of my life for many years, but I never believed that there was so much more to learn, and ultimately you have taught me that yoga was all about how you feel. Not only how you feel in your practice, but after this weekend it will be more about how happy and at peace I feel because of Yoga. I now know from this day on, it will change the way I approach the start and end of each and every day.'*

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*'Thank you Phil, I will definitely attend a class again next year!'*

**Claire**

*'Just wanted to say thanks so much for a great weekend last weekend. Juliet, Emma and I all really enjoyed the yoga classes and came back so much more relaxed. I got a lot more out of my usual ashtanga class this week as well by incorporating some of the things we had learnt on the weekend.*

*We all said we would definitely want to come back. Thanks again'*

**Louise [London]**

*'Thank you for a fantastic time, the yoga left me feeling full of energy. I will never forget standing in the tree posture over looking St Michaels Mount. I made some new friends and the food was fabulous. What made this special was it had the right balance of yoga and time to enjoy the local area, and the odd glass of wine. I will certainly be back in the new year.'*

**Sue - West Midlands**

### Yoga and Spa Breaks 2008

Dates	Venue		Price
February 8th - 10th	<b>Budock Vean Hotel</b>	2 nights Dinner B&B +10% off Spa treatments	£275
February 28th - Mar 2nd	<b>Crantock Bay Hotel</b>	2 nights DBB + 1 free Spa treatment	£239
March 7th - 9th	<b>Crantock Bay Hotel</b>	2 nights DBB + 1 free Spa treatment	£239
March 28th - 30th	<b>Bay Hotel Fistral Spa</b>	2 nights Dinner B&B +10% off Spa treatments	£233
April 25th - 27th	<b>Bay Hotel Fistral Spa</b>	2 nights Dinner B&B+10% off Spa treatments	£233
May 30th - June 1st	<b>Budock Vean Hotel</b>	2 nights Dinner B&B+10% off Spa treatments	£339
June 27 <sup>th</sup> -29th	<b>Bay Hotel Fistra Spa</b>	2 nights Dinner B&B + 10% off Spa treatments	£247
July 11th - 13th	<b>Bay Hotel Fistral Spa</b>	2 nights Dinner B&B +10% off Spa treatments	£257
July 25th - 27th	<b>Budock Vean Hotel</b>	2 nights Dinner B&B +10% off Spa treatments	£339
August 15th - 17th	<b>Budock Vean Hotel</b>	2 nights Dinner B&B +10% off Spa treatments	£339
September 26th - 28th	<b>Bay Hotel Fistral Spa</b>	2 nights Dinner B&B +10% off Spa treatments	£237
October 3rd -5th	<b>Crantock Bay Hotel</b>	2 nights DBB + 1 free Spa treatment	£239
October 24th - 26th	<b>Budock Vean Hotel</b>	2 nights Dinner B&B +10% off Spa treatments	£300
November 7th - 9th	<b>Budock Vean Hotel</b>	2 nights Dinner B&B +10% off Spa treatments	£275
November 21st - 23rd	<b>Bay Hotel Fistral Spa</b>	2 nights Dinner B&B +10% off Spa treatments	£199

- Bay Hotel / Fistral Spa Tel: 01637 852221
- Crantock Bay Hotel Tel: 01637 830229
- Budock Vean Hotel 01326 250288

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