



AUTUMN LIGHT
A YOGA RETREAT WITH CHARLIE
MORGAN



4 - 6 NOVEMBER 2017

&

17 - 19 NOVEMBER 2017

Poundon House, Oxfordshire

We are very excited about our next &SISTER collaboration with Charlie Morgan at Poundon House. Join us to delve deep within, explore your practice, create abundant energy and shine your inner light.



Autumn Light Yoga Retreat – *open your hearts, light up the room*

Join us for an immersive and uplifting experience as we practice yoga, meditation and pranayama over a weekend retreat in the luxurious and beautiful setting of Oxfordshire's Poundon House. Guided by our gifted teacher and experienced retreat leader Charlie, the retreat will be a collaborative experience, deep yet fun, leaving you with a new perspective on life.

The Dates

The retreat takes place from **4pm on the Friday to 3pm on the Sunday.**

Your retreat location – *make yourself at home*

Poundon House is the ideal location for a yoga retreat. The Queen Anne style country house is stunning and spacious; set within six acres of landscaped gardens on the edge of the Oxfordshire-Buckinghamshire border, one hour drive or 45 minutes on a train from West London.



Despite the peace and tranquillity of the surrounding countryside, Poundon is within easy reach of London, Oxford, Milton Keynes, Birmingham, the Cotswolds and Bristol with fantastic transport links to the all of these places.

Once you arrive at Poundon, you will feel immediately at home. Whether it is settling down in front of a roaring open fire, taking a long bath in one of the unique bathrooms or going for a quiet walk in the apple orchard or cartwheeling around the garden, for over a century Poundon has been the perfect place to escape the bustle of city life and be at one with the countryside.



Poundon House was built in 1908, in the Edwardian era, and was designed for sumptuous entertaining. Downstairs there are three large reception rooms and a library. The second and third floors feature nine guest bedrooms, all are spacious double (or twin) bedrooms. Keeping true to the original design, the bedrooms are luxurious and large. There are five bathrooms shared between the nine bedrooms. We provide white towelling dressing gowns and Organic Surge products in the bathrooms.

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The atmosphere at the house is still very family feeling, with family still living there.





The bedrooms at Poundon are all spacious, with shared bathrooms.



The French Room



The Romantic Room



The view from the south-facing bedrooms at Poundon House



The Blue-china bathroom



Plenty of interesting and relevant reading materials in the Library at Poundon House



We create the best environment for a good night's sleep... 'let sleep be thy balm'



In winter the open fires in the reception room will be a lovely place to relax after a brisk walk



A fire-bowl ceremony on Winter Glow retreat at Poundon House

Communal spaces

The Drawing Room is designed to be enjoyed by all of our guests whether for conversation or reading by the open fire.



The Library will be a quiet space for reading and relaxing. You are welcome to borrow Poundon House books for the duration of your stay.





The Poundon House kitchen

You are always welcome in the Poundon House kitchen! The kitchen, is the heart of the house, many a problem can be solved while putting the kettle on or warming yourself by the aga. On your retreat, breakfast / brunch will take place in the kitchen and dinners in the Yellow room: one of the large downstairs reception rooms.



The founders of &Sister - Natalie and Alicia Roscoe

Poundon House has been owned and loved by the Roscoe family for 40 years, Natalie and Alicia Roscoe grew up at Poundon House and now both work for the family events business.

As a family and a business we have hosted many events over the years, from sprawling house parties to 300-strong fusion weddings! Our aim is to share the experience of being in a beautiful country house for the weekend, away from the city, surrounded by nature and, in this case immersing yourself in yoga, the retreat programmed, delicious nourishing food and enhancing your own well-being.



Natalie and Alicia set up the retreat side of Poundon House in August 2015. Older sister Natalie works in events and marketing and Alicia is a yoga-lover and a trained yoga teacher:

“There is nothing that gives me more happiness than creating and curating a retreat at my family home. I know how great guests will feel by the end of the weekend: inspired, uplifted, relaxed, rejuvenated. I have experienced it myself after yoga retreats and now want to share that experience with our guests.”

The aim of &SISTER is to collaborate with inspirational yoga teachers, chefs with a passion for delicious and healthy food and experienced therapists. Alongside these experts we want to provide not just an escape from the hectic hullabaloo of daily life, but also the chance to return to that life with a renewed vigor and sense of calm and control. Poundon House becomes a sanctuary, a home from home, a safe place to retreat to once, twice or in some of our guests cases, many times a year!

As well as on-site wellbeing gurus, you can also expect hands-on hosting. As well as your yoga teacher, there will be an experienced &SISTER host on site to support you and make sure your stay is blissful. Please feel free to ask us any questions in the lead up and during the weekend, we are more than happy to help with anything; nothing is too big or too small.

Your yogi - Charlie Morgan

Charlie is a highly acclaimed and sought-after yoga teacher based in London. As well as her numerous private clients, Charlie teaches at The Life Centre, Evolve, Heartcore and for HotPod.



More from Charlie

I have been practicing yoga on and off for 15 years, coming to it initially from a workout perspective. Following a life-changing trip to the Himalayan Yoga Institute in 2011, I decided to leave my job as an Assistant Buyer for The Disney Store and deepen my knowledge of yoga. In 2012, I became a certified teacher in Bali with WLYA – The Wise Living Yoga Academy (affiliated to The Yoga Institute of Santacruz, Mumbai, India – the world’s oldest organized yoga institution) and came back to set up my own studio in Somerset, UK. I now teach group classes at various top yoga centres and corporations in and around London and private one-to-ones. I am also currently the yoga instructor for the Harlequins rugby team. I cater the type of yoga I teach to the needs of each individual. However, my public classes involve an innovative and forever changing style of dynamic vinyasa flow. Although extremely fast-paced at times, I am a perfectionist when it comes to correct body alignment, the synchronisation of movement and breath and the importance of a sumptuous, meditative relaxation. My classes are down-to-earth, fun, creative and challenging, but at the same time accessible, maintaining the philosophy that ‘yoga is for all’.

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Your Autumn Light retreat

We firmly believe in celebrating nature and the Seasons. Not only are they hugely inspirational but these periods of transition are a fantastic opportunity to look inward, reflect and find momentum for any change in your life that needs to happen. Autumn is the season of mists and mellow fruitfulness, as well as plenty of time in the shala with Charlie we will be out exploring the countryside and then getting cosy by the fire. There is no better way to wake up on a weekend than full of life, love, energy, yoga and a refreshing walk in the beautiful Oxfordshire countryside.

Each of our retreats is carefully crafted by Charlie and &Sister are there is always themes to work with- themes introduced by your teacher and also intensions set by yourself. The mornings are energetic and often challenging flows, the afternoons are slow, restorative or yin practice. There is always meditation, pranayama and chanting practices incorporated into the yoga sessions. Given the space and time for your practice, it is truly incredible what with unfold within you to unlock your true potential.



Your yoga space - be guided by our yogi

We convert one of the large downstairs reception rooms at Poundon House into a yoga shala for the weekend. This space becomes an integral part of the weekend, where guests can keep silence and retreat to for private meditations whenever they need to. We provide yoga mats, blocks and blankets. This beautiful space is light in the day time and in the evenings we create an atmospheric setting using candles.



Your nourishment

We want you to relish and enjoy the food, especially after a yoga practice or long country walk. We also want it to be nutritionally sound and match the aim of enhancing how you feel by the end of the weekend. Therefore, the food will be healthy, clean vegetarian food prepared by one of our experienced retreat chefs. There will be fresh smoothies or juices to kick your day off to a healthy start and fuel you for your energetic morning practice. After morning practice there will be a big hearty healthy breakfast or brunch, a light lunch or afternoon stack in the early afternoon and then a lovely candle-lit two-course dinner in the Yellow Room in the evenings. Healthy snacks will appear just when you need them, as if by magic!



The Yellow Room at Poundon House. Image by Eneka Stewart



Food is healthy and nutritious cooked by our retreat chef. Vegetarian & gluten free

Refreshing re-hydration - Welcome to our Brew Bar

Poundon House provides one bottle of mineral water per person in the bedrooms. There is also plenty of fresh filtered water at various water / tea stations throughout the house. This is not only more eco-friendly but our filtered tap water is perfectly delicious!

The kettles will always be on at Poundon because we love tea! You can expect a continuous delicious stream of herbal and fresh teas provided throughout the retreat.



Costs for retreat:

- £425pp for a space in a twin room or two sharing a double bedroom; or
- £595pp for solo occupancy in your own double room

What's included?

- a weekend retreat at luxurious private venue Poundon House, set in its beautiful 6 acre garden in Oxfordshire;
- daily yoga practices (five in total over the retreat) and bespoke Autumn Light Retreat designed and led by experienced yogi Charlie Morgan;
- healthy yet nourishing vegetarian food and snacks by our experienced retreat chef;
- opportunity to book treatments with one of our experienced and professional therapists;
- a long led country walk on Saturday;
- healthy goody bags bursting with new ideas and goodness;
- support from Charlie, your &Sister hosts and the Poundon House team; and best of all
- peace, quiet, internal-exploration, connections and lots of giggles with like-minded people.

The treatments - *relax and release*

We offer a wide range of treatments with highly recommended practitioners. Please do look at our Winter Glow retreat treatment list and let us know in advance, which treatments you would like to book. Prices start at £35 for 30 minutes.

Screen-time /WiFi - *time to de-tech*

Whilst we stand by that how you spend time on the retreat is your decision, we'd like to encourage you to take a break from your phones and screens during the weekend. This will support the unwinding process and allow your body and mind to relax and restore more deeply. Wifi is available in the house between 11am - 10 pm each day. If you feel that you need a break from your phones, we are happy to look after your phones if you wish.

What to bring - *time to get cosy*

Poundon House will be heated for the duration of your stay, however, please note that as a large country house without the latest central heating it is wise to bring a warm jumper! You do not need to bring your yoga matt (but of course you can if you wish). We have blocks and belts but if you would like a bolster please do bring your own. We advise two outfits of comfortable sports clothes for the yoga classes, warm socks or slippers are a good idea too. There will be the opportunity to go for a country walk each day therefore an outdoor jacket, waterproofs and walking boots / wellies are advisable. We have a Library full

of books at Poundon House but please do bring that book you have been meaning to read. Last but not least, a refillable water bottle and a keep cup come in handy too!



Re-enter real life with a different approach to life. It's good to turn things upside down sometimes!

If you have any questions regarding our upcoming yoga retreats, please do email natalie@poundonhouse.com or aliciarioscoe@gmail.com, or call Natalie on 07866453831

SCHEDULE (TBC)

Friday - tbc

Please note that this is a guide and the final schedule will be shared with you the week before the retreat

6.00pm Tea on arrival, settle in to your rooms, meet your hosts

6.30 – 7.30pm Yoga practice and Opening Ceremony

7.45pm Dinner in the Yellow Room

10.00pm Bed-time mylk

Fireside relaxing or early to bed

Saturday

8.00 am Tea, fruit and fresh juice available

8.30 - 10.00am Asana and meditation practice

10.15am Breakfast in the Yellow Room

11.00am - 1.00pm Freetime (treatments, time to relax or take a nap)

1pm Guided country walk

2.15pm Light lunch in the Yellow Room

3.00- 6.00pm Freetime | Creative time

6.00pm Yoga Practice

7.30 pm Dinner in the Yellow Room

9.00pm Sound healing

Fireside relaxing or early to bed

Sunday

Morning sunrise walk

8.00am Tea and fruit and fresh juice available

8.30 – 10.00am Asana and meditation practice

10.15am Brunch in the Yellow Room

1.00 Lunch

2.00pm Closing Ceremony

3.00pm Departure

Getting to Poundon House

Address: Poundon House, Poundon, Nr Bicester, Oxon OX27 9BB

Nearest train station: Bicester North or Bicester Village (9 miles / 10 minutes). A taxi with Alpha cars: 01869 24 24 24 will cost approx. £12.

If you are getting the train please let us know your arrival time so that we can help arrange a taxi share

Driving

From London take junction 9 off the M40. At the roundabout above the motorway, head towards Bicester on the A41. At the Esso petrol station roundabout, turn right. You are now on the Bicester bypass.

At the next roundabout, take the second left towards Launton. Follow signs to Launton. In Launton, at the crossroads, turn left opposite The Bull Inn, this should be marked Poundon.

Leave the village, going over a railway track about a mile out, and then go straight over the next cross roads. About 3 miles from there, after going up a steep hill and past a couple of farm entrances, we are on your right with black gates and a lime tree avenue.

From Oxford, take the Oxford ring-road / A34 towards Bicester. At the M40 roundabout above the motorway, head towards Bicester on the A41. At the Esso petrol station roundabout, turn right. You are now on the Bicester bypass – follow instructions from the above paragraph.

Post-script

Your time, is, well, your time. We want you to enjoy the weekend to the fullest extent, therefore, it really is up to you, whether you want to join for the country walks or luxuriate in a hot bath or sit by the fire in the library reading your book. We do recommend that you attend all the yoga classes but if you feel your body needs a break we respect this. There will be plenty of support on the retreat from the Poundon House team for the duration of your retreat.

We look forward to retreating with you!