

WILD SPRING

A YOGA RETREAT WITH CHARLIE
MORGAN



Friday 28th April – Monday 1st May 2017

Poundon House, Oxfordshire

&Sister present **WILD SPRING**, a collaborative yoga retreat with wonderful yogi Charlie Morgan. Join us to delve deep within, explore your asana practice, create abundant radiant energy and release your wild side.



Wild Spring Yoga Retreat – *time to spring-clean your body and your mind*

Join us for an immersive and uplifting experience as we practice yoga, meditation and pranayama over a long-weekend retreat in the luxurious and beautiful setting of Oxfordshire's Poundon House. Guided by our gifted teacher and experienced retreat leader Charlie, this retreat will be a unique experience, peaceful and deep yet energetic and joyous. Retreating for Wild Spring with us will leave you with a new perspective on life and propel you onwards with a spring in your step.

The dates

The retreat takes place over four days and three nights, from **6pm on Friday 28th April to 1pm Monday 1st May.**

Your retreat location

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, just one-hour drive or 45 minutes on a train from west London.



Once you arrive at Poundon you will feel immediately at home. Whether it is settling down in front of a roaring open fire or taking a long bath in one of the unique bathrooms, 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.



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

Poundon House – your second-home sanctuary

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. One of the large reception rooms is converted into a sacred yoga shala for the weekend. The second and third floors feature ten guest bedrooms; all are spacious double (or twin) bedrooms. Keeping true to the original design, the bedrooms are luxurious and large without en suite bathrooms. There are five beautiful bathrooms shared between the bedrooms. We provide towels, white-towelling dressing gowns and natural products in the bathrooms.



The shala is carefully curated by &Sister and our collaborators, we have beautiful Manuka eco-mats, natural blocks, bolsters and woollen blankets to keep you cosy during meditation and restorative practices. The sacred alter is an important part of our retreats, created with love and reflecting the theme. We also invite guests to bring anything precious to place on the alter for the duration of the retreat.

This shala becomes an integral part of the weekend, where guests can keep silence and retreat to for private meditations whenever they need to. This beautiful space is lit by radiant natural light flooding in through three large windows in the day-time and in the evenings we create an atmospheric setting using low-lighting and candles.



Your Wild Spring retreat

We firmly believe in celebrating nature and especially the natural flow and change of the seasons. As well as providing a huge inspiration, 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.

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. The retreat builds up to May Day so we will also be honouring the start of Spring with ceremony, ritual and plenty of fresh air to blow the cob-webs away.



On our Wild Spring retreat, you will experience dynamic morning asana to energise your physical body, afternoon restorative practices to nourish your souls, replenish with delectable healthy food, go deeper with meditation, balance with pranayama, refresh with long country-walks and connect with like-minded, lovely souls.

As well as a lot of time in the shala with Charlie, there will be bare-foot walks in the garden, stargazing, hot baths to relax in, massages and treatments to release tension and a farewell May Day fire ceremony. As this is a three-night retreat there will be creative workshop time to spark our imaginations into life.

This carefully crafted retreat will nourish your soul and guide you lovingly through Spring and into Summer with an open mind and strong heart. Retreating with us is unique and your experiences with us will remain etched in your memories forever. At &Sister we believe that, as well as the joys of the weekend, a retreat with us is a step on a path of discovery towards long-lasting connection and contentment with the deeper part of yourself.



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 organised yoga institution).

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 Harlequins RFC. I cater the type of yoga I teach to the needs of each individual. My public classes involve an innovative and forever changing style of dynamic vinyasa flow. 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'.





Charlie is a firm believer in correct alignment and is happy to give hands-on adjustments



Deep and restorative afternoon practices are a regular feature in the afternoons on our retreats

Retreat Food – *we are what we eat*

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. There will be a big hearty healthy breakfast or brunch, a light lunch or afternoon snack 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!



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.



Poundon House – *historic yet homely*

Poundon House is a family home, with family still living there, it has now been a event venue for 10 years and manages to combine luxury and efficiency with many homely-touches, the house is light and full of the love and energy of those who have spent time there.

“What can I say about the house, it is the most beautiful home, full of positive energy, warmth and a family who obviously love and cherish it. Everything was so carefully done and thought through and the little touches, just beautiful and giving. Thank you, it really was a very special experience!” Russell



The house retains a very family atmosphere, with the Roscoes still in residence.







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



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



The French Room



The Romantic Room



The view from the south-facing bedrooms at Poundon House



The Blue-China Bathroom





The open fires in the reception room is a lovely place to relax as evening sets in



The communal drawing room with a roaring open fire



A fire-bowl ceremony at Poundon House



The Poundon House kitchen – the heart of the house

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.



Wild Spring 2016 – Alicia with BeauBeau, who often joins for the walks

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.

Costs for retreat:

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

What's included?

- a retreat spanning four days and three-nights at luxurious private venue Poundon House, set in its beautiful 6 acre garden in Oxfordshire;
- daily yoga practices (six in total over the retreat), opening and closing ceremonies and bespoke Wild Spring 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;
- led country walks on Saturday & Sunday;
- May Day celebrations;
- healthy goody bags bursting with new ideas and goodness;
- support from Charlie, your host Natalie and the Poundon House team; and, best of all...
- peace, quiet, internal-exploration, fresh air, connections and lots of giggles with like-minded people.

Treatments – *relax and release*

We offer a wide range of treatments with highly recommended practitioners. Please do look at our Wild Spring 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*

While we believe 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 fresh air (and then 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 just in case April still holds a nip in the air! You do not need to bring your yoga mat (but of course you can if you wish).

We have blocks and belts and bolsters but you are welcome to bring your own equipment. We advise at least 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 so an outdoor jacket, waterproofs and walking boots / wellies are advisable. We have a library full of books 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. 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 aliciaroscoe@gmail.com, or call Natalie on 07866453831

SCHEDULE

The schedule is subject to minor alterations so please check the schedule in your room on arrival

Friday

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

6.30 – 8.00pm Yoga practice and Opening Ceremony

8.15pm Dinner in the Yellow Room

10.00pm Bed-time mylk

Fireside relaxing or early to bed

Saturday & Sunday

8.00 am Tea, fruit and smoothies available

8.30 - 10.30am Asana and meditation practice

10.30am 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 workshop

6.00pm Yoga Practice

7.30 pm Dinner in the Yellow Room

9.00pm Bed-time mylk

Fireside relaxing, creative-time or early to bed

Monday

8.00 May Day fire-bowl ceremony and meditation

9.00am Tea and fruit /light breakfast, smoothies available

9.30 – 11.30 am Asana practice and Closing Ceremony

11.45 – Brunch

1.00pm 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!

A big thank you from the sisters to Martin Price www.martinpricephotography.com for the images of Charlie taken at Poundon House. We would also like to thank our partners and goody-bag collaborators; Charlie Morgan, Manuka Life Yoga, Organic Surge, Root & Flower, Neom, Om Bar and Neat & Healthy.