



# INNER STILLNESS WITH MAGDA PROCNER

Poundon House, Oxfordshire 20th - 24th August 2017

ASANA • PRANAYAMA • PHILOSOPHY • MEDITATION • MYTH • MANTRA  
A five day personal development retreat • Non-resi and day retreat passes available

07977 235 672 • [enquiries@poundonhouse.com](mailto:enquiries@poundonhouse.com) • [aliciaroscoe@gmail.com](mailto:aliciaroscoe@gmail.com)  
[www.andsister.co.uk](http://www.andsister.co.uk) • [www.magsyoga.com](http://www.magsyoga.com) • @andsister\_yoga • @magsyoga

Join &Sister at our beautiful yoga retreat venue Poundon House, Nr Bicester, Oxfordshire.

Our advanced teacher's teacher Magda Procner will guide us through a five day / four night personal retreat journey.

This retreat is ideal for intermediate and advanced practitioners or yoga teachers wanting to immerse themselves in practice and learn more skills. The full retreat cost for accommodation at our luxury venue, all classes & activities, Magda's bespoke yoga course and food is £545. Non-residential is £345. Day (half-day) retreat passes available from £45.

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### SUNDAY £65 - Including three course vegetarian banquet

5-7 pm – Opening circle & slow and grounding practice

9 pm – Candle-lit meditation / Kirtan/ Sound healing

### MONDAY - £95 - Including three meals

7-10 am – Roots – Standing poses and foot balances.

A dynamic Vinyasa class including asana, pranayama, meditation, myth, mantra.

4-6 pm – Asana analysis - anatomy & alignment

A detailed analysis of the morning session and its peak pose(s), including alignment, muscle groups which need to be strengthened and opened, cues, prep poses and collaborative practical and/or teaching exercises.

8-9 pm – Mantra, meditation & journaling

### TUESDAY - £95 - Including three meals

7-10 am – Emotions - Hip openers.

A dynamic Vinyasa class including asana, pranayama, meditation, myth, mantra.

4-6 pm – Sequencing

A detailed analysis of the morning session, including information on how to build the class towards a peak pose, creative sequencing ideas and collaborative practical and/or teaching exercises.

8-9 pm – Mantra, meditation & journaling

### WEDNESDAY - £95 - Including three meals

7-10 am – Love - Backbends.

A dynamic Vinyasa class including asana, pranayama, meditation, myth, mantra.

4-6 pm – Theming

A detailed analysis of the morning session, including information on how to weave in pranayama, meditation, philosophy, mantras into your classes and collaborative practical and/or teaching exercises.

8-9 pm – Mantra, meditation & journaling

### THURSDAY - £45 - Including brunch

7-10 am – Strength – Arm balances & Closing circle

A dynamic Vinyasa class including asana, pranayama, meditation, myth, mantra. Closing circle.