

& SISTER

YOGA RETREATS



## INDIAN SUMMER

A YOGA RETREAT WITH  
SALLY-ANNE REYNOLDS



Friday 29<sup>th</sup> September - Sunday 1<sup>st</sup> October

**Poundon House, Oxfordshire**

&Sister present *INDIAN SUMMER*, a collaborative yoga retreat with the brilliantly inspiring teacher  
Sally-Anne Reynolds of Yoga Light Vibes.

Join us at stunning and homely Poundon House, Oxfordshire to delve deep within, explore your asana  
practice and create abundant radiant energy.



### Indian Summer Yoga Retreat – *extend the summer with some inner sunshine*

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 fluorescent effervescent retreat leader Sally-Anne, we guarantee you a unique experience, peaceful and deep yet energetic and joyous. Retreating with us for Indian Summer will leave you with a new perspective on life and allow you to be your vibrant best self.

### The dates

The retreat takes place from 6pm on Friday 29<sup>th</sup> September to 3pm Sunday 1<sup>st</sup> October.

### 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 soak 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. We welcome you to feel part of a family, an important being in a tribe for the weekend and for the future.



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 use as a sanctuary for private meditations whenever they need. This beautiful space is lit by radiant natural light that floods in through three large windows in the daytime. While in the evenings we create an atmospheric setting using low-lighting and candles.

### Your Indian Summer retreat

&Sister has teamed up with gorgeously bright SallyAnne of Yoga Light Vibes to create a unique and inspiring retreat at Poundon House. 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.

Whether new to yoga or a spiritual warrior, a Yoga Light Vibes class with Sally-Anne Reynolds challenges you to live life free from the burdens of the mind. Rooted in authenticity, Yoga Light Vibes is all about: practising yoga to uplifting beats; enjoying the experience of learning and growing; sharing good vibes with like-minded people; and having fun along the way!

Immersing yourself on a retreat with SallyAnne will allow you to: benefit from a hugely uplifting and fun yoga experience; gain from clear instruction and expert guidance from start to finish; learn how to go deeper into your practice; reconnect with your body, mind and soul in a safe environment to explore and grow. You will leave feeling nurtured and nourished and brimful of ideas on how to explore your practice at home.



“Sally-Anne is a natural teacher and the yoga world is blessed to have her in it.

I hope she will share the gift of yoga for many years to come.”

— Lara Baumann, Quantum Yoga Founder

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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 is taking place as the Summer draws to an end and Autumn truly begins, so we will also be expressing gratitude for the Summer and honouring the Autumn with ceremony, ritual and plenty of fresh air to blow the cob-webs away. On our Indian Summer retreat, you will rise to a delicious healthy smoothie, 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 SallyAnne, there will be sound healing on Saturday night, bare-foot walks in the garden, star-gazing, hot baths to relax in, massages and treatments to release tension. This carefully crafted retreat will nourish your soul and guide you lovingly on 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. We leave some of the treats as a surprise but expect the unexpected and be prepared to de-tech and de-connect from the fast-paced life we usually live in. Explore your internal world until you see the bigger and better picture.



## Your yogi - Sally-Anne Reynolds

Yoga and I go way back – I started practising with my mum when I was 6 years old! It supported me through my legal studies and long working hours in the City. When I realised my heart wasn't in Law, Yoga gave me the courage to change my path... and I've never looked back! Inspired and encouraged by my Quantum Yoga teacher training in India, I started teaching straight away. From urban roof tops to yoga studios, from private homes to office workspaces, based in the UK, I teach in London and Oxford, as well as leading international retreats across Europe, India and Sri Lanka.



*“Sally-Anne is one of the most inspiring, creative, and generous yoga teachers I know in London. Sally-Anne’s personal ‘sunshine’ energy is also a joy to be around. It’s a privilege to have her in my yoga life.”*

— **Amanda**, transformational life-coach

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## 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. 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 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!



### 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 – entrepreneur and leadership coach

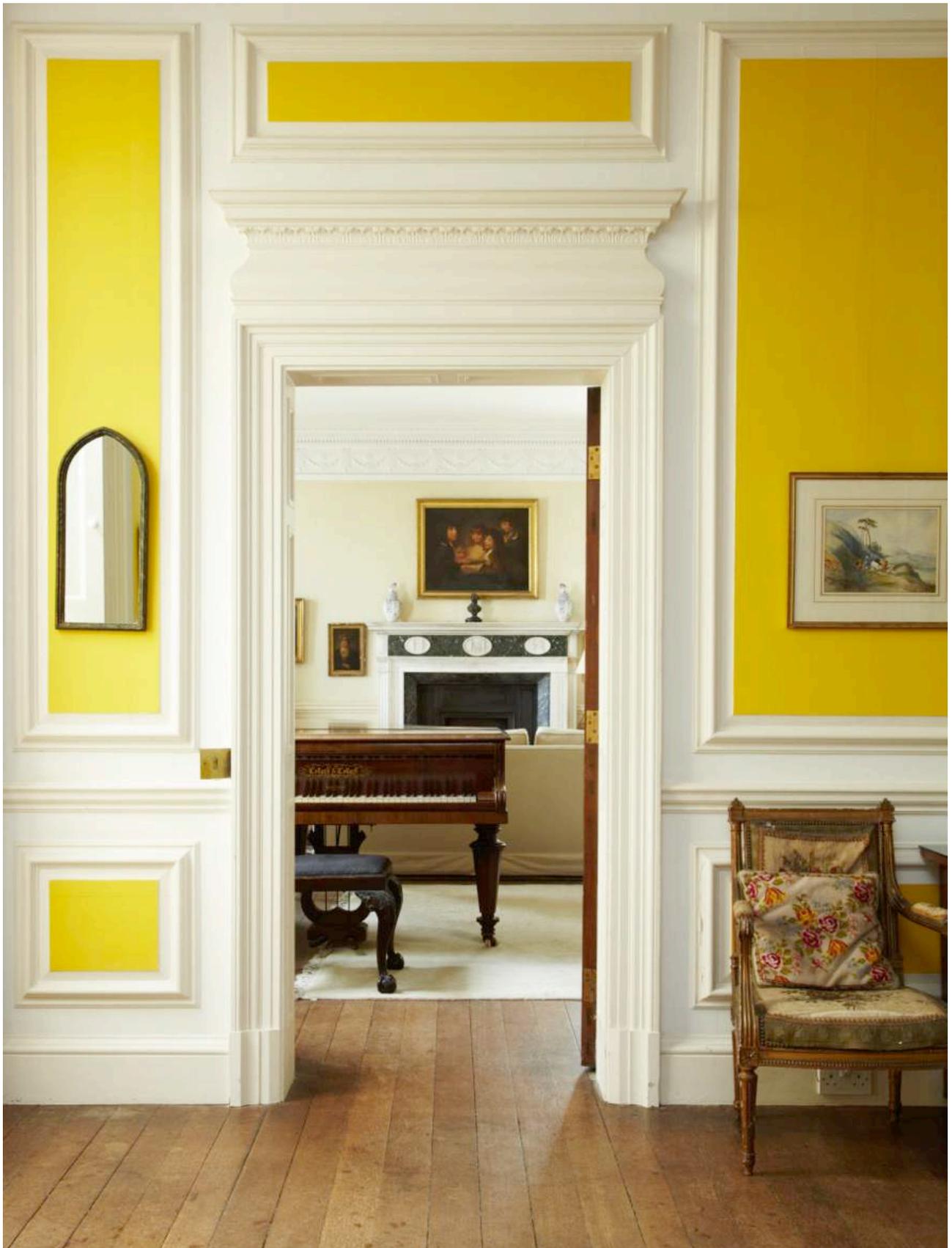


The house retains a very family atmosphere, with the Roscoes still in residence.



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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, and 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, and 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 weekend (two nights accommodation) at luxurious private venue Poundon House, set in its beautiful 6 acre garden in Oxfordshire;
- daily yoga practices, opening and closing ceremonies and bespoke Indian Summer Retreat designed and led by experienced yogi Sally-Anne;
- healthy yet nourishing vegetarian food and snacks by our experienced retreat chef;
- opportunity to book treatments with one of our experienced and professional therapists;
- long led country walks on Saturday;
- healthy goody bags bursting with new ideas and goodness;
- support from Sally-Anne, your host Alicia 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 Indian Summer 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.

## 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

- 7.30am Early morning walk (optional)
- 8.00 am Tea, fruit and smoothies available
- 8.30 - 10.00am Asana and meditation practice
- 10.00am 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
- 6.00pm Yoga Practice
- 7.30 pm Dinner in the Yellow Room
- 8.30pm SOUND BATH
- Fireside relaxing, creative-time or early to bed

### Sunday

- 7.30am Early morning walk (optional)
- 8.00 am Tea, fruit and smoothies available
- 8.30 - 10.00am Asana and meditation practice
- 10.00am Breakfast in the Yellow Room
- 10.00-1.00pm Freetime
- 1pm Light Lunch
- 2.00pm Closing Ceremony
- 3.00pm Departure

### 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.

### 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.

*We look forward to retreating with you!*

A big thank you from the sisters to Martin Price [www.martinpricephotography.com](http://www.martinpricephotography.com) for the images taken at Poundon House. We would also like to thank our partners and goody-bag collaborators; Yoga Light Vibes, Manuka Life Yoga, Organic Surge, Root & Flower, Neom, Om Bar and Neat & Healthy.