



flowing & glowing

Thank you for choosing Katie Bray Yoga & retreat. Below is your itinerary, please get in touch with any questions. Times below are a rough guide & can be moved around to suit you.

What to bring: Clothes for yoga, warm clothes for Tai Chi on the beach, coat in case it rains, walking shoes or trainers for the beach.

Yoga mats & all props provided.

A bit about Katie:

Katie completed her 200 hours Teacher Training, at Tri Yoga London, with Bridget Woods Kramer who is an internationally recognised Anusara Yoga Teacher. Anusara yoga is both dynamic & strong, but with an inner softness that changes the practice completely.

Katie also completed additional yoga training in Vinyasa Flow with Mimi Kuo-Deemer & Yin Yoga with Sarah Lo.

Thursday

4pm: Arrival

Welcome & settle into rooms.

4.30pm: Vinyasa Flow Yoga (in yoga studio or on the beach).

A gentle yoga flow to loosen the body after traveling. A flow of hip & heart openers & gentle back bends.

6pm: Free time before supper. For a relaxing salt bath or reading in the lounge.

7pm: Supper. 2 course plant based meal. Nourishing & Revitalising.

8.30pm: Your choice of either: Yoga Nidra or Meditation.

Yoga Nidra is a lying down style of meditation and promotes deep relaxation and is ideal before going to bed.

Friday

8am: Introduction on how to meditate & mediation practice.

8.30am: Yoga to wake up the mind & body.

A thoughtful yoga sequence to open the heart, a series of warrior poses to cultivate strength and a sense of being grounded. Followed by a long savasana to balance the mind & the body.

10am: Brunch

Green Smoothie

Bircha; soaked oats with plant based milk

Baked apples with dried fruit

Toast & preserves

11am: Free time to explore the area

St Ives is 10 mins by train and there are several bistros within 2 minutes of the house.

4pm: Evening yoga flow

5.30pm: Free time before supper.

6.30pm: Supper. 2 course plant based meal. Nourishing & Revitalising.

8.30pm: Your choice of either: Yoga Nidra or Meditation.

Saturday

8am: Meditation

8.30 am: Flowing morning yoga practice of hip openers, twists and inversions.

10am: Brunch

Green Smoothie

Bircha; soaked oats with plant based milk

Baked apples with dried fruit

Toast & preserves

11am: Free time to explore the area

St Ives is 10 mins by train and there are several bistros within 2 minutes of the house.

4pm: Evening yoga flow

5.30pm: Free time before supper

6.30pm: Supper-2 course plant based meal. Nourishing & Revitalising.

8.30pm: Your choice of either: Yoga Nidra or Meditation.

Sunday

8am: Meditation

8.30am: Yoga to wake up the mind & body.

10am: Brunch (as above)

11.00am: Your choice of: Beach Walk or Tai Chi on the beach.

1pm: Light Lunch before departing.

Katie Xx