

# FINDING STILLNESS

## YOGA RETREAT WITH SHARON DOW

2 night yoga retreat in a 12th Century Manor  
House, Sampford Spiney, Dartmoor

**YOGA**

PRANAYAMA,  
MEDITATION  
& CHANTING

**SILENT**

WALKING  
MEDITATION  
ON THE MOORS

**Dates: 15th - 17th May 2020**

**Cost: £235 - £260 (single/double  
accommodation)**

**Includes all meals and tuition**

**visit [www.yogawithsharondow.co.uk](http://www.yogawithsharondow.co.uk)**

**for more details**

**07884315199**