

Harmony Holistics

Yoga Weekend Maeshafn, North Wales 9th - 11th July



Come and join us for a weekend of Yoga, meditation and relaxation with Mike Cragg and Angela Walker, in the beautiful village of Maeshafn at the foot of Moel Findeg in the Clywdian Hills (designated by the government as an AONB - Area of Outstanding Natural Beauty).

Our base for the weekend is a large chalet in the middle of woods, yet not far from the village of Maeshafn.

Our weekend begins on early Friday evening with a restorative Yoga session. After a hearty Dinner, guests are invited to join our meditation circle - we may go outdoors if the weather permits! On Saturday there is an optional pranayama class, followed by breakfast then a longer class of Yoga in the practice hall later in the morning. A packed lunch is available for guests who wish to join our optional early afternoon guided walk into the hills to visit the stunningly beautiful Moel Famau, Moel Findeg or Foel Fenlli then back to our base.

Alternatively guests can explore this area themselves. Early evening Saturday and our Yoga practice unfolds and refreshes our minds and bodies. Dinner, meditation and a guided relaxation conclude the day.

Sunday morning starts with (an optional) early morning pranayama session, breakfast which is then followed by a longer Yoga class. There will be a buffet lunch before we depart off home.

PLEASE NOTE - the break includes full board until lunchtime Sunday (including wine), all classes and guided walk. All accommodation is in shared rooms.