

About Florence House

Florence House is ideal for our style of personal development and transformation retreat because it offers us exclusive occupancy; the venue stands within its own grounds, so there's no one to disturb our programme – we have the place to ourselves!



The beautiful interior of the house itself, the abundant garden, the proximity to the sea and the wildness of the Downs, make Florence House a much loved venue for life enhancing workshops and retreats. In essence, it lovingly embraces divine inspiration, the good and meaningful things of life, the sacredness and potential of each individual and the healing power of the landscape in which it sits. The walled garden provides a peaceful place for meditation or inner reflection.

Meals will be vegetarian and all produce is organic and locally sourced where possible.

There are magical places within the gardens and surrounding areas and we encourage you to take advantage of these areas for meditation, walks and connecting with nature.

To book please complete the [separate order form](#)

Cost is **£315.00**

Includes accommodation, food and classes

Please note: Single rooms are limited so an additional fee of £15 will apply

For more information please call

Becky on 07908 160855 or

Vicky on 07766 710520



Summer Energising Retreat

Friday 13th – Sunday 15th May 2011
at Florence House, East Sussex



A creative weekend of Yoga, Pilates,
Chi Kung, Massage and Meditation

hosted by

Becky Vann & Vicky Elkington

Your Hosts



Becky Vann

Yoga and Pilates Teacher and Holistic Therapist

Becky has been teaching and in the holistic field for fifteen years and has been running successful Yoga and Pilates retreats over the last 5 years and takes elements of her training with The British Wheel of

Yoga, Progressive Modern Pilates and Future Fit Pilates and various Holistic Therapy schools, to offer a unique mix of healthy pleasures. Becky has developed a fascination with the whole concept of the being, the body, anatomy and physiology; also the power of the mind and its connection with the breath. By learning how to discover, Love and better manage the body and mind, we can move our attention onto the spiritual level, connecting and becoming empathetic to others and our surroundings. Becky has a warm, comforting and approachable nature, she takes pleasure in sharing the enjoyment that yoga, Pilates and Massage brings with those who join her.

She offers a host of therapies to soothe the body, mind and the soul, including Swedish Massage, DeepTissue Massage, Natural Face Lift Massage, Spiritual Healing, Holistic Facial Massage, Indian Head Massage, Relaxation and Meditation, and Yoga or Pilates sessions.

Vicky Elkington

Holistic Therapist, Yoga Teacher and Group Facilitator

Vicky's journey into the healing arts began about 15 years ago, during which time she has studied and completed many massage, healing and self-development courses and trainings. Her curiosity to discover and understand more about the energy that surrounds and creates us all, lead to her passion for the power of healing, self awareness, movement and breath work. She shares her love of learning and growing, with a commitment to the possibility of transformation for everyone.

Vicky completed a teaching diploma from 'The School of Energy Healing' in 2005 and most recently a Yoga Teacher Training. She has taught, assisted and organised workshops and retreats since 1999. Known for her zest for life and relaxed, down-to-earth nature, Vicky will bring knowledge, enthusiasm and fun to this weekend.

She offers On-Site Chair Massage, Acupressure and Trigger Point Massage, Thai Massage, Natural Facials, Energy Healing Theta Healing, Yoga and Meditation sessions.



An insight into the Retreat

This retreat has been created to enable you to step into Summer with energy, strength and joy.

During the weekend there will be opportunities for you to discover your playful nature and feel able to truly relax, let go and have fun in a safe and grounded environment.

You will also have a chance to indulge yourself with a massage, healing or any other treatment available during the weekend (at an additional cost).



Itinerary

Fri 13th

From 4.00pm

4.30pm

5.30-6.30pm

7.00pm

Sat 14th

7.30-8.30am

9.00am

10.00-12.00pm

12.30pm

1.45-3.45pm

4.00-5.15pm

6.00pm

7.30-9.00pm

9.00-10.30pm

Sun 15th

7.30-8.30am

9.00am

10-12.00pm

12.30pm

1.45-3.00pm

3.00pm

Arrivals

Tea and Welcome
Pilates - Realign and Re-energise

Dinner

Organ Regeneration Chi
Kung meditation

Breakfast

Yoga - Strength in Asanas

Lunch

Chakra Awakening
Mask Making Workshop

Dinner

Movement -
Flow & Release
Bonfire Gathering

Gentle Yoga and
Pranayama

Breakfast

Yoga - Letting go in the
Asanas

Lunch

Energising Relaxation and
Retreat consolidation

Farewells

(Programme may be subject to change)