



**Sue Woodd**

Sue has been working in the field of Complementary Medicine for the past 25 years, founding her own school in 1991. She is a registered trainer with the Shiatsu Society, and a Senior Instructor with the T'ai Chi Union of Great Britain and teaches for the F3 T'ai Chi and Chi Kung Academy. Sue is a graduate of the College of Cranial Sacral Therapy and an experienced registered teacher affiliated with Yoga Alliance she is also an International Master Trainer and trains fitness instructors and lectures for leading Health Farms. She has written and designed courses for Fitness Companies world wide and continues to raise public awareness through her books, DVD's and radio and television appearances.



**Tina Hedrén**

Tina comes from a background of gymnastics, dance and fitness. She started with yoga in 1995, also continued with ChiBall in 1998. She is a qualified Feldenkrais Practitioner and Yoga Alliance affiliate and presents and lectures world wide. She is constantly offering interesting concepts and trainings for the Scandinavians through her company Bodymind concepts. Tina feels strongly about sharing Seasonal concepts to balance our fast lifestyle and maintain good health and vitality.



# A week of Yoga, Pilates, Qigong, Taiji & Shiatsu

with Sue Woodd & Tina Hedrén

Ferme de Candeloup,  
Monein, France.  
October 8<sup>th</sup> to 15<sup>th</sup> 2011

*This retreat will offer a unique chance to go deeper into the Yin phases of seasonal change and will focus of the periods of late summer, autumn and winter: The focus will be on core stability, balance, re-alignment and rejuvenation on every level and will include:*

- ☯ Techniques for Resetting your body clock for Yin phases
- ☯ Seasonal flows for late summer, autumn and winter and how to create your own
- ☯ Qigong used to support the stomach, spleen, lungs and kidneys and maintain your health
- ☯ Seasonal Pilates sessions for and for each of these Yin Phases
- ☯ Chi Ball sessions to relax and unwind, challenge your core and give exercise a seasonal focus
- ☯ Learning a short T'ai Chi Form to martial your immune system
- ☯ Seasonal meditations
- ☯ How to support your Hormones and Adrenals and Immunity
- ☯ Talks and practical skills on how to relieve stress relax and renew
- ☯ Breathing techniques and Pranayama
- ☯ A wealth of knowledge to support your life and share with students, clients and family



Duration	Cost/Person*	Availability
7 days (3 sharing a room)	£565	
7 days (2 sharing a room)	£585	
7 days (not sharing)	£650	

\*The price includes full board accommodation, including continental breakfast, snacks, soft drinks/tea & coffee with lunch and dinner (wine and beer is extra). Heating, linen and all yoga equipment is also included. Cost excludes flights from the UK/Scandinavia or Europe which can be easily arranged online via low cost budget airlines.

## Ferme de Candeloup

Our restored Bearnaise barn is 340 square metres in size, over two floors, and comprises six bedrooms all with private bathrooms, a one bedroom gite, a 45 sq.m. salon/meeting room and a 45 sq.m. lounge/dining room. Two of our six rooms are singles and are available on a first come, first served principle. The accommodation can sleep up to a maximum of 16 people. There is a 75 sq.m. terrace overlooking the courtyard area and a 70 sq.m. deck leads from the salon toward the pool area. The pool is five by ten metres, with a 135 sq.m. paved area and surrounded by a French (recycled) oak picket fence.

## Further information:

Susan Woodd MRSS.  
The Cottage, 18 Upper South View,  
Farnham, Surrey GU9 7JW  
Mobile: 07788 584746 Email: sue@suewoodd.com

Contact Tina Hedrén.  
Mobile: 0046 708 311215  
Email: tina@bodymindconcepts.se

