

# WATERGATE BAY

H O T E L

## WATERGATE BAY YOGA

PROGRAMME



Clear the mind, refocus and enjoy Watergate Bay's natural surroundings on a yoga break. Here's what you can expect to do and learn. Nothing works its magic quite like yoga, an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Research has also suggested that yoga practice can help to alleviate symptoms of depression and stress and lead to a longer happier life.

Our yoga break, led by our qualified yoga instructor Julia, is aimed at both beginners taking their first steps into yoga and intermediates looking to take their practice further.

Over the programme you'll learn about good foundations, tips and techniques, take part in classes covering different approaches including Hatha, Yin, Scaravelli, partner yoga and have the option to join morning and evening reflections, and workshops aimed at deepening your yoga understanding. All with the calming view of the ocean.

### WHAT TO EXPECT

#### DAY ONE

*3pm*

##### **Check in**

*5pm*

##### **Meet and greet**

Your chance to meet everyone on the break, and instructor Julia, who will explain the programme and answer any questions you may have. You'll also fill out relevant consultation forms.

*5.30pm*

##### **First class: New beginnings**

A focus on letting go of the pressures of daily life and settling into your body and breath, unravelling and releasing. This session will include core postures such as cat/cow, downward facing dog and bridge pose, helping you to find new ease and pleasure in your movement, with tips to enhance your yoga postures if you're already familiar with them. It's also a chance to familiarise yourself with the space, with your instructor Julia and for her to get to know you so the rest of the programme can be as helpful as possible to you.

*7.30pm*

##### **Dinner in Zacry's**

For hotel guests

## DAY TWO

7.30am

### **Outdoor morning mindfulness**

Start the day in the fresh sea air with a mindfulness practice on either the beach or coastal path, clearing the mind and creating focus. Mindfulness is becoming increasingly recognised in the medical profession and beyond for its transformative powers. You will discover helpful ways to connect to the moment and the natural environment so that stress and worry melt away. A useful practice to take home with you for when life gets busy!

8am

### **Energising class**

Postures to awaken the body to the day, combined with energising yogic breathing techniques. The class will re-cap key learnings from Friday evening's class and develop these into postures to lift heart and mind ready for the day ahead. Movement and breath will help increase strength and flexibility.

9.30am

### **Breakfast in Zacry's (for hotel guests)**

Free time. Your time to relax as you wish.

The Extreme Academy is open for watersport lessons and hire. You may like to give surfing a go, or practice your yoga on top of a stand up paddleboard, which requires you to engage your core muscles even further. Swim Club is also available for treatments. Both activities and treatments must be booked in advance.

11.30am

### **Workshops**

These are optional extras where you can learn a little more about yoga and its wider benefits. They are casual, informative and hands on, and provide that little bit extra to understand your practice. They include:

- **Posture review** – exploring what is 'good' posture and identifying how yoga can help develop your posture for optimum energy and vitality
- **What is yoga** – an overview of yoga's history and where you can get more information if you want to learn more about yoga as a whole (includes a look at ancient and modern yoga books)
- **Yoga for specific sports and activities** – tailored to the group, this workshop will give you yoga postures to help with your sport and/or regular activities. Yoga not only helps to release muscles that have been worked/become tight but can also improve your performance. Julia has extensive experience in this area, including (but not limited to) yoga for runners, swimmers, surfers, office workers, golfers, gardeners and more.

1.00pm

### **Lunch break**

Free time

6.00pm

### **Relaxing class**

A slow, restorative style practice designed to release tension in mind as well as body to leave you calm and relaxed. We will explore floor-based postures, calming approaches to the breath and guided relaxation.

7.30pm

### **Dinner in Zacry's**

For hotel guests.

## DAY THREE

8am

### **Outdoor morning mindfulness**

Start the day in the fresh air with a mindfulness practice on either the beach or coastal path, clearing the mind and creating focus. Mindfulness is becoming increasingly recognised in the medical profession and beyond for its transformative powers. You will revisit helpful ways to connect to the moment and the natural environment so that stress and worry melt away. A useful practice to take home with you for when life gets busy!

8.30am

### **Energising class**

Postures to awaken the body to the day, combined with energising yogic breathing techniques. The class will re-cap key learnings and develop these into postures (with the potential to explore postures in pairs to develop greater strength and opening) whilst lifting heart and mind ready for the day ahead. Movement and breath will help increase strength and flexibility.

9.30am

### **Breakfast in Zacry's (for hotel guests)**

Free time

11.30am

### **Workshops**

These are optional extras where you can learn a little more about yoga and its wider benefits. They are casual, informative and hands on, and provide that little bit extra to understand your practice. They include:

- **Yoga for specific sports and activities** – tailored to the group, this workshop will give you yoga postures to help with your sport and/or regular activities. Yoga not only helps to release muscles that have been worked/become tight but can also improve your performance. Julia has extensive experience in this area, including (but not limited to) yoga for runners, swimmers, surfers, office workers, golfers, gardeners and more!
- **An overview of different yoga styles** and when they might be most appropriate for you and your lifestyle.
- **Further partner/pair work** following the morning's yoga session

1pm

### **Lunch break & close**