

HIGH NATURE – KUNDALINI YOGA RETREAT FAQs: 18th – 21st August 2017

What is Kundalini Yoga ?

Kundalini Yoga is a form of traditional Hatha Yoga. It is a Yoga practice focusing on the use of the breath. Often the breath is held while the body is in different postures, which creates a lot of energy. We also use bhandas (energetic locks), which offer many benefits, and help us to move stagnant energy in the body.

Kundalini yoga is mainly used to awaken energy inside of us, to clear energy channels and brings us out of the mind and into a state of meditation. It is not a stretchy, physically powerful or dynamic class, even though the physical body will also benefit from the practice.

What makes this retreat so special?

We focus on the breath, on the breath and on the breath! Because of this work, we will connect to deeper layers of ourselves that we might not in other yoga retreats. We will tap into the power of breath through yoga, pranayama, breath work and singing. In just three days you will discover the power of the simplicity of breath and its many benefits. I promise you, you will experience shifts within yourself and feel a difference! The stunning natural landscape and beauty of our surroundings will set the stage for this transformational work and help us to let go, go deep and connect to our truest self.

What are the benefits of focusing on the breath ?

Here are some benefits of deep belly breathing:

- 1. Deep Breathing makes you calmer.**
- 2. Deep Breathing helps to detoxify the body.**
- 3. Deep Breathing relieves pain.**
- 4. Deep Breathing makes you happier.**
- 5. Deep Breathing helps to improve your posture.**
- 6. Deep Breathing stimulates the lymphatic system.**
- 7. Deep Breathing increases our cardiovascular capacity.**
- 8. Deep Breathing gives you energy.**
- 9. Deep Breathing improves your digestion.**
- 10. Deep Breathing strengthens the major organs of the body, such as lungs and the heart.**
- 11. Deep Breathing helps to regulate weight.**

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Q. How big are the Yurts?

A. Our Large Yurts are 6m in diameter. Our medium size yurts are 5.5m in diameter, our small is 4.5m.

Q. What do I sleep on?

A. Each yurt has a full size bed. Additional sleeping spaces are provided in the form of futons which can be folded up to provide seating during the day if required. All beds good quality duvets and extra blankets are on offer. Your log burner will keep you cosy and warm if needed.

Q. Do I have to bring my own bed linen?

A. We supply bed linen and towels (but not beach towels). All bedding and linen is included in the price of the retreat.

Q. Is there any traffic noise?

A. We are located in a rural working landscape, but we are not situated near any main roads, just single country lanes. We are pretty much surrounded by agricultural land so there is occasional farm traffic noise during the day. However, the vast majority of our visitors find it peaceful (especially once the sun has gone down).

Q. Can I get reception on my mobile phone?

A. Yes, you shouldn't have any problems on our site.

Q. Do you have internet access?

A. Yes we have WI FI if needed.

Q. Where can I charge my phone and other devices?

A. There are 24v sockets available for charging gadgets in the shared kitchen cabin.

Q. How do I see at night?

A. Each yurt is lit by 12volt lighting and safe candle lit lanterns. It would be wise to bring your own torch as the countryside can be beautifully dark at night, and we prefer not to pollute the night sky with bright flood lighting.

Q. What are the facilities on site?

We have shared composting toilets (clean and well cared for), a fully equipped shared kitchen, and hot showers. There is also a reception cabin, yoga tunnel and chill out lounge area with visitor information and a reference library. More details can be found on the High Nature website.

A. Are the cars parked off site?

Q. No, we have a secure car park on site. Cars are not allowed in the main yurt area, but you can transport your luggage to your yurt using our High Nature wheel barrows.

Q. Can you lock a Yurt?

A. No, our yurts are not lockable at present, please enquire when booking. You are able to leave valuables with us at reception. We also suggest you leave unnecessary valuables at home.

Q. Can you smoke in the yurt?

A. No, all our yurts are non-smoking. If you wish to smoke please do so outside and dispose of your waste appropriately (preferably in the outdoor braziers or BBQs).