



**A WEEKEND OF YOGA**  
for the Autumn

**Fri 23<sup>th</sup> - Sun 25<sup>th</sup> October 2009**

with

**Brenda Megann**

at the

Purbeck House Hotel  
91 High Street  
Swanage  
Dorset

Purbeck House Hotel  
91 High Street  
Swanage  
Dorset  
BH19 2LZ

Telephone: (01929) 422872  
Fax: (01929) 421194

## THE HOTEL

The Purbeck House Hotel is a family run hotel, nestling in extensive gardens in the centre of Swanage, not far from the seafront and 25 km from Bournemouth. The splendid hotel is steeped in a century of history. All rooms at the Hotel include full en-suite.

## COSTS

The costs for the weekend, which includes accommodation per person for two nights inclusive of dinner and breakfast, and all yoga teaching, are:

Single room (three only)	£229
Shared twin or double room	£229
Double room (single occupancy)	£270

Yoga tuition only: £120

The weekend will be limited to 14 students, so early booking is advisable. Full payment will be required by 2 October 2009.

To book your place on the weekend and secure your room at the hotel, complete the attached form and send it together with a non-refundable deposit of £50 to:

Brenda Megann,  
6 Arlott Court, Northlands Road,  
Southampton SO15 2RZ

## OUTLINE PROGRAMME

### FRIDAY

1 pm onwards: Arrive at hotel  
5 pm Meet in Purbeck room  
5 – 7 pm Asanas followed by meditation  
7.30 pm Dinner

### SATURDAY

7.45 - 8.30 am Pranayama and meditation  
8.30 am Breakfast  
10.30 am – 1 pm Asanas  
(Afternoon free)  
5 – 7 pm Asanas followed by meditation  
7.30 pm Dinner

### SUNDAY

7.45 - 8.30 am Pranayama and meditation  
8.30 am Breakfast  
10.30 am – 1 pm Asanas  
1 pm Finish

[www.pureyoga.co.uk](http://www.pureyoga.co.uk)

Telephone: (023) 8033 0444  
Mobile: 07734 527480  
e-mail: [brenda@pureyoga.co.uk](mailto:brenda@pureyoga.co.uk)

## BOOKING FORM FOR PURBECK HOUSE HOTEL

I would like to enrol for the yoga weekend of 23-25 October 2009 at the Purbeck House Hotel.

I enclose a deposit of £50

Please reserve the following accommodation for me:

- Single room  
 Double room (single occupancy)  
 Shared double room  
 Shared twin bedroom  
 Yoga tuition only

Cheques made payable to Brenda Megann.

Name.....

Address.....

.....

County.....

Postcode.....

Telephone.....

Email.....