



Yoga & meditation woodland retreat



Felinganol Woodland Retreat Centre, Cardigan SA43 1QX

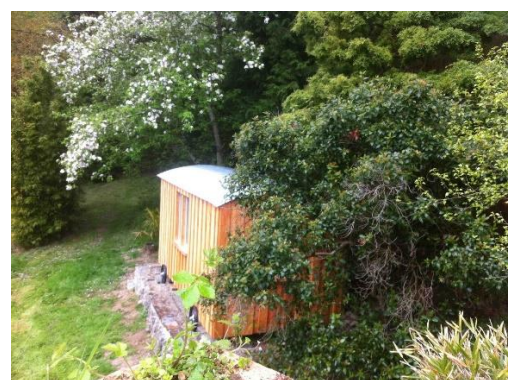
2023 retreats are running June 16th to 18th & July 7th to 9th

Felinganol is an idyllic woodland retreat and studio space near Mwnt beach and Cardigan town, West Wales. Close to the Pembrokeshire coastal path, Felinganol is located amongst stunning untouched beaches, valleys and forestlands, ideally located for you to make the most of the stunning surrounding countryside. Felinganol is rustic and homely, set in a small valley of pasture and tranquil woodlands with the river Mwdan flowing nearby. The nearest beach is Mwnt (5 mins away), voted "Europe's top ten loveliest hidden beaches" and is fantastic for dolphin and seal-spotting, enjoying the giant expanses of sky, and diving into the fresh seawaters.



The weekend retreat includes:

- Yoga & Meditation tuition: Up to 8 led yoga sessions between Friday and Sunday in the roundhouse,
- Accommodation: options include the tree-house, single and double woodland cabins,
- Organic, vegetarian, home-made meals (breakfast, lunch and dinner) and teas & snacks in the lodge,



Felinganol's practice space is a beautiful purpose built woodland roundhouse, perfect for release & discovery. The round, pillared studio is a deeply nurturing place to move and practise, built entirely by hand from natural, sustainable materials using straw-bales, lime, local Douglas Fir timber, clay & slate. It is a warm, quiet space dedicated to practice, creativity & relaxation. The studio's under-floor heating and large wood-burning stove make it a warm special place for reflection. With large south-facing windows, you can look out at the forest trees & wildlife to enjoy Felinganol's simplicity & the tranquillity of the space. In the evening you can also enjoy the simple magic of a flickering fire-circle and on Saturday the wood-fired hot tub under the stars.

The group facilitator and yoga teacher will be Jo Bogacz. Jo is an experienced yoga teacher, yoga therapist and group facilitator, specialising in meditation, pranayama, and yoga nidra practice.



Yoga programme on offer over the weekend will include:

- Morning meditation/pranayama practice,
- Late morning workshop style session with a range of asana and meditative practices,
- Early evening restorative practice,
- Evening meditation/yoga nidra.



Each retreat will offer a range of yoga, mindfulness meditation and pranayama practices that will take place in the beautiful purpose-built roundhouse. Yoga practice will include restorative, flowing, therapeutic style practices to help you connect mind and body and with the aim of moving you into a more balanced and rejuvenated state. As well as the yoga on offer there will be plenty of space to enjoy free time, to simply rest and be, and to soak up the peace and tranquillity of the retreat space and local area. You can participate in every session or take quiet time out to relax or to explore the beautiful countryside. If you are new to yoga or have been practicing for years, there's something for everyone. 1:1 complementary treatments are also available on-site, but please enquire.



Felinganol's quietness and simple natural beauty let's us recapture an authenticity in ourselves and reconnect to our original energy and peace.

Accommodation is in 7 different hand-built (from natural and locally-sourced materials) wooden cabins that offer quiet seclusion and a closeness to nature. The retreat cabins allow for an immersive woodland experience with bird call, river song and starlight. All cabins have electricity, lamps & heaters. They are all situated a short distance from the lodge, fire-circle, studio showers & flush & compost toilets. Rooms are allocated on a first come first served basis, so if you have a preference, please book early.



Prices start at £380 per person for the shared accommodation (twin cabins, tree-house and double cabins) for the weekend inclusive of yoga. There is an additional supplement for single cabins and for single occupancy in the double cabins. A non-refundable £100 deposit will secure your space.



Contact Jo Bogacz for more details and to book

Tel: 07966050826

E-mail: jo_bogacz@hotmail.com