

UK Residentials in Mabie Forest, Dumfries and Galloway

Join us in Mabie Forest, Dumfries and Galloway for one or both 5 day residentials for professional development or to deepen your personal Yoga journey:

Transformative Yoga Training: 17th June - 21st June

Unifying and integrating Yoga philosophy with Asana (posture work), focussing on Koshas and Chakras. We will use Pranayama techniques, Mantra and Meditation to go on an internal adventure.

Slow Flow Training: 16 -20th September

We will learn Yin and Yang Asana flows incorporating the latest fascia research to explore movement, gaining flexibility and strength + a deeper understanding of inter-connection between all our anatomical and subtle systems.

Both residentials are open to those who have completed 200 hour training and want to bring something fresh and authentic to their teaching – certification will be for a 50hour advanced training from Inner Fire. Experienced practitioners of Yoga looking to deepen their practice are also welcome to join us. The weeks will be a mix of practical, discussion, self-study and discovery and hopefully a few laughs along the way.

Accommodation for both residentials is in a bunk barn on the lovely Marthrown of Mabie site:

<https://www.marthrownofmabie.com/>

with hot tub and sauna for those odd spare minutes + walks and mountain biking in the forest.

Three simple, wholesome vegetarian or vegan meals are included + tea / coffee.

Yoga training will be outside in a marquee or making the most of our stunning forest location.

Cost: £400 (Early bird discount until 31st January): £350 to include accommodation, all meals, training and certification.

Training is with Deyna Devi (Hirst) who has 25+ years' experience and has trained extensively in the UK and India with various Swamis. Accreditation is through Yoga Alliance Professionals:

<http://yogaalliance.co.uk/> and <https://yogaalliance.in/>

Places available: 10 for each residential

Please email for a booking form to secure your place, or to ask any questions:

innerfire@hotmail.co.uk or WhatsApp Deyna on +447588428764



