



This special weekend retreat is based at the 700-acre Brimpts Farm. An original Duchy of Cornwall farm since 1307, Brimpts is set amidst some of the most spectacular Dartmoor scenery. The AA 3-star accommodation is all en-suite. Traditional home cooked food is provided for guests.

BRING YOUR PARTNER

Whether walking, painting, photography or simply relaxing, Brimpts Farm is an excellent base from which to explore the amazing ruggedness and solitude of the stunning

Dartmoor scenery.

Partners who would like to accompany you, but do not wish to participate in the Alexander Technique activities, are welcome to stay with you.

The cost for a partner will be £135 per person, based on sharing a twin or double bedded room with you. This will include full board as previously specified but exclude any other refreshments or group activities

For further information on this retreat, or any other aspect of the Alexander Technique, contact:

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Please see above website for Terms & Conditions of Business

ALEXANDER TECHNIQUE

DARTMOOR WEEKEND RETREAT

Get Away From It All...

12th to 14th May 2017

or,

8th to 10th September 2017

Come and spend a weekend with like-minded people practising the **Alexander Technique** on a farm in the spectacular setting of **Dartmoor National Park**

www.kaycady.co.uk

DARTMOOR RETREAT

GET AWAY FROM IT ALL...

A weekend break on Brimpts Farm in the spectacular setting of Dartmoor National Park.

A fun weekend practising the Alexander Technique with like-minded people.

Traditional home-cooked food.

Special dietary needs catered for (prior notification is necessary).

Two nights accommodation.

Fully inclusive, commencing with dinner on Friday to lunch on Sunday.

Stay in the tastefully converted stone farm buildings where all rooms are en-suite.

OUTLINE PROGRAMME

FRIDAY

3:00pm - Check-in and registration.

4:00pm to 6:00pm - Gather in the Teaching Room to meet other group members, followed by an Introductory Workshop for those new to the Technique.

Those with previous experience of the Technique can choose to attend as a refresher or, alternatively, may prefer to walk out and explore the Farm.

- Discover the history of the Technique
- Identify how it could help you personally
- Begin to engage the conscious mind and override harmful habits of use
- Experience how heavy the head is and experience that how we carry our head can affect our balance in walking.

6:30pm - Dinner will be served in the Farmhouse.

After Dinner, you can retire to your room or gather in the lounge to get to know other members of the group.

SATURDAY

8:00am - Breakfast served in the Farmhouse.

9:30am - Gather in the Teaching room.
Coffee, tea and squash will be available throughout the day.

During the morning you will....

- Begin to engage the conscious mind and learn how to override harmful habits of use
- Recognise and experiment with natural balance in standing, moving and bending
- Experience using muscles that are designed for moving, as opposed to muscles that we use subconsciously
- Experience bending comfortably without tension and sitting without support to strengthen the back
- Recognise our response to stimulus, such as rough or slippery ground/torrential rain and learn how to minimise harmful patterns of use
- Allow the breath to energise and calm

12:30pm to 1:30pm - Lunch in the Farmhouse.

After lunch, put your new learning into practise on Dartmoor.

We will walk out unless the weather is too bad; whilst it is good to be able to learn how to manage bad weather without letting it create unnecessary tension, no activity is compulsory - you can opt in or out as you wish. The walk will be accompanied, with lots of experimentation and discussion.

- Experience moving without tension, improving your circulation.
- Experience walking confidently on rough terrain and, possibly, in inclement weather.
- Learn how to bend, e.g., to tie shoelace or pick up bag.
 - Look at a map
- Open a gate or climb over a stile with less effort

3:30pm - Return to the Teaching Room to experience active rest and its benefits

4:15pm - Feedback and Close

6:30pm - Dinner in the Farmhouse

In the evening, gather in the lounge if you wish or retire to your room.

SUNDAY

8:00am - Continental breakfast served in the Farmhouse

Vacate your room after breakfast; there will be somewhere safe to store your luggage until your departure.

9:30am - Gather in the Teaching Room.
Coffee, tea and squash will be available throughout the day.

The morning will comprise:

- Revision of activities from previous day plus
- Some useful Alexander Technique activities for you to learn and use when you return home.

12:30pm to 1:30pm - Lunch in the Farmhouse.

In the afternoon, we will walk a different route on Brimpts Farm.

- Revisit yesterday's activities; you are likely to be more conscious of what is going on, both internally and externally. Develop kinaesthetic feedback skills.

3:30pm - Return to the Barn for a rest!
Practice active rest and its benefits

4:15pm - Feedback meeting and Close.

Prices Per Person

Sharing a twin or double-bedded room - **£189**

Single room occupancy - **£199**

A non-refundable deposit of £30 per person is payable at time of booking.

Full payment is due 3 months before the event

EARLY BIRD DISCOUNT

Book and pay in full 6 months in advance and receive a discount of £10 per person.

