

SPRING RITES

13th-15th March, Madeira, Fife

A three day residential immersion into body, land, and season, to mark the arrival of spring. Followed by a week of online daily morning practice - a Sadhana for Spring - to carry us towards the balancing point of the Equinox.

Join Anna, Annie and FORM! for a three day residential experience that weaves ritual, somatics, yoga, mediation, sound, rest and close contact with nature - to meet the shift in seasons and the true start of the year.

Taking place in the oasis of tranquility that is [Madeira](#) in the East Neuk of Fife, Madeira is a collection of artistically renovated cottage and treehouse bothies, situated in an island of calm gardens and mature trees teeming with bird life, close to the village of Pittenweem. Madeira has its own microclimate allowing fruit trees including figs, kiwi and walnuts to flourish with walking paths leading for miles starting at the property and the sea nearby - offering the perfect location for a full immersion into nature as the seasons shift. A range of shared accommodation is available, with single occupancy mini homes available for a small additional payment.

The focus of the three day immersion will be to provide ritualised connection to earth, nature, season and body through meditative and somatic enquiries, mantra, vinyasa, yin and nidra yoga, somatic and free movement practice, meditation, storytelling, journaling and more. We are delighted to welcome our dear friends Laura O'Grady - who will be catering the three days with nourishing, delicious veggie and vegan food - and Erin Marshall - offering optional bodywork, massage and reiki.

The immersion will be followed by optional online morning meditation, running 7am-7.30am daily, for one week - carrying us into the Spring Equinox on Saturday 21 March.

This immersion is open to anyone with a curiosity and desire to connect more deeply to themselves, to community, to earth. It is designed to align us with this shift in seasons and encourage us to sense into all the possibilities that springs bring. You don't have to have a strong existing yoga practice - it's for anyone who is curious to explore and all levels will be catered for.

DETAILS

Location & Venue: Madeira, Fife: <https://madeirainfife.com/>

Dates: 13th - 15th March

Early Bird (before 9th February): £460 shared accommodation /£500 solo occupancy

After Early Bird: £490 shared accommodation /£530 solo occupancy

A £100 non-refundable deposit is required to secure your place. The remaining cost of the immersion can be spread out over two months via a payment plan.



What's included:

- Two hearty meals, plus one light morning meal per day, unlimited tea and coffee
- All practices during the immersion
- Accommodation in either shared accommodation (twin room - sharing with one other person) or private accommodation in your own cottage or treehouse.
- A week of online daily meditation and yoga practice, which will be offered live by zoom from the 16 - 21 March at 7am-7.30am with recordings made available to anyone who can't make it live

What's not included:

- Your travel
- Bodywork from Erin will be available at a small additional cost
- Any off site activities you choose to partake in during the free time

SAMPLE DAY SCHEDULE

Please note this is to give a flavour of what to expect and may change.

7am - 7.30am: Morning Sadhana. Guided seated practice involving pranayama, mantra and meditation

7.30am onwards: Light snacks, fruit, tea and coffee available

8am-10.30am: Movement practice & sharing circle. Either somatic free movement or asana such as vinyasa or slow flow with time to process, share and reflect together.

10.30-12noon: Brunch. A hearty brunch provided which will vary day to day. Example: porridge & fruits, scrambled eggs, scrambled tofu, homemade baked beans, avocado and quinoa salad, tea and coffee.

12noon - 5pm: Unstructured time. You might take this time to rest, explore, read, journal. You might take up the offer of body work, massage or reiki from Erin. There will be an optional outdoor practice offered during this time - for example forest bathing exercise, or outdoor somatic movement enquiry.

5pm - 6.30pm: Dinner. A hearty dinner which will vary day to day. Example: three bean chilli with guacamole, salsa, tortilla chips, rice and sour cream.

7pm - 8pm: Evening practice. For example storytime - exploring stories or myths inspired by the season then learning and reciting mantra, or yin, nidra practice and soundbath

To sign up email form.glasgow@gmail.com with the subject header SPRING and we'll send you details on how to join 😊



