

Reflective practises and retreats – list of practitioners

Mindfulness

Kagyu Samye Dzong is a Tibetan Buddhism retreat centre in Scarborough, which runs retreats, holistic therapy, mindfulness, Yoga and pilates sessions.

www.yorkshire.samye.org

Yoga, Tai Chi and meditation

Chi Therapies teaches Chi Walking which brings balance and harmony to the body. These bespoke breaks are available in the North York Moors. Contact them for more details.

www.chi-therapies.co.uk/chiwalking.html

You will find both Yoga and Tai Chi classes at the **Green Lane Centre** in Whitby.

<http://greenlanecentre.co.uk/classes-activities/>

Saltburn Wellbeing Centre in Saltburn offers complementary therapies, meditation classes and Yoga Nidra – a deeply relaxing practice.

www.saltburnwellbeingcentre.co.uk

Tree Living Yoga has lots of classes in Saltburn. She offers dynamic Yoga sessions coupled with slower Yin Yoga.

www.treelivingyoga.com/experience

The Healing Rooms also in Saltburn offers healing and holistic therapies. Contact Vanessa for more information: www.thehealingroomsaltburn.co.uk

YHA Boggle Hole – Duty Manager Zoe Curran is a yoga teacher and has run events at YHA Boggle Hole akhandaholistics@gmail.com

Yor Yoga based in Scarborough aims to restore and renew by working with Yin and restorative yoga practices

<http://yor-yoga.co.uk/>

Yoga Yorkshire also combines **Jennie's Therapies**. Her Yoga classes are mainly located in Scarborough.

www.yogayorkshire.com

Meditation/Relaxation/Healing

Staites Retreats in Staites provides a space for healing and reflection through their holistic therapy treatments.

www.staitesretreats.co.uk/relax.php

Raithwaite Estate Spa in Sandsend has day spa packages for relaxation and an array of holistic therapy treatments. From time to time there are yoga and wellbeing workshops.

www.raithwaiteestate.com/luxury-spa

Treat Therapy in Robin Hoods Bay caters for most worn out people – including those who have finished the coast to coast!
www.treattherapy.co.uk/treatments

The Healing Touch, located in a converted chapel in Staintondale has an impressive list of holistic therapies and courses.
www.thehealingtouch.uk.com/therapies/

Further afield

The Little Yoga Company is based in Kirbymoorside, but runs retreats in Ampleforth and Hutton le Hole.
www.littleyogacompany.co.uk

The Tree Relaxation Retreat is located in East Rosedale. There are retreats, Yoga and meditation classes, as well as holistic therapy treatments aimed at reducing stress and improving wellbeing.
www.thetree.earth

