

Glamping Yoga Holiday in South Wales with SajaRut Yoga

14. - 17. JUNE 2019

Imagine a luxurious rural escape tucked away in the beautiful Welsh woodlands, cosy tents with all the comforts, warming woodfires, delicious food and yummy yoga - sounds pretty great right?

Join Sæunn from SajaRut Yoga on this lovely long weekend of escapisms. A few days away from the hustle and bustle, surrounded by beautiful nature. A chance to unplug and unwind, move your body with daily yoga, enjoy meditative walks and amazing company!

Read on to find out more about this glorious weekend!



THE SCHEDULE

Day 1

Arrival at the glampsite in the afternoon. Take your time to get settled in your tent and then we'll get together for a lovely bit of slow flow yoga, getting us all stretched out after the journey, before having a cosy meal together in the communal tent.

Day 2

The day starts with a 90 minute invigorating Vinyasa yoga class before having a delicious brunch.

After brunch we'll go for a lovely hike exploring the woodlands and enjoying the beautiful scenic countryside before coming back to camp where we can relax a bit and enjoy the glampsite before having a yummy bbq in the evening.

Day 3

The day starts with a fun playful yoga workshop before having a delicious brunch. Then you'll have a bit of time to relax and enjoy the glampsite before we set off on a walk to the pub for a yummy Sunday roast. After our meal we'll head back to the glampsite to relax and for those who want to can join in a restorative yoga session before heading to bed.

Day 4

The day starts with an invigorating Vinyasa yoga class that ends in a long relaxing savasana. Then there's a yummy brunch before we have to pack up and head back to reality.

Included: All yoga classes, walks, brunch, dinner on day 1 and 2 (you'll need to cover the cost of your pub meal), coffee, tea and snacks (fruit and nuts).

Please note that all yoga classes and walks are optional, we want you to have the best holiday possible.

The schedule may be subject to change.

THE TENTS

The alachigh tents originate from Iran and are similar to yurts in their build. They are incredibly luxurious, cosy yet spacious, rustically but comfortably furnished and they have a lovely view of the sky right above your pillow.

Inside there's a double bed, or two singles, as well as two equally comfortable truckle beds. There's a little kitchen area with fresh flowing water, a cool box for any refreshments, a table and chairs and wood-burning stove where you can brew yourself a nice cup of tea or coffee.

There's also an en-suite flushing loo in each tent!

A short walk away is the luxurious shared shower block, with underfloor heating, four hot monsoon showers, an extra loo and a glorious roll-top bathtub.

And just in case we get wet weather there's also a drying room to dry off your boots and coats.





THE YOGA

Sæunn's yoga classes balance strength and flexibility, tuning into the body and connecting the breath to each movement. They are challenging but accessible, a moving meditation.

The morning classes and workshop will be more playful and energetic. But the evening classes will be slower and more restorative.

The classes are open to all levels, modifications and progressions will be offered throughout so they are suited to the beginner and advanced yogi alike!



THE YOGA SPACE

Our yoga tent will be set up in a nearby field, with amazing views of the Welsh countryside. If the weather allows we'll open the sides so that we can enjoy the fresh summer air and properly salute the sun.

THE ACTIVITIES

The walks will all be local to the glampsite, wandering around the beautiful woodlands and scenic hills. The walk on day 2 will be a little bit longer, a chance to really explore our surroundings. Whereas the walk on day 3 will be a bit more relaxed as we head to the pub.

For our downtime there's plenty of beautiful places to explore and relax. Not just in the gorgeous surrounding nature but also within each lovely tent. The glampsite also has a lovely communal space where we can chill, socialise and take our meals throughout the day.





THE WEATHER

June in Wales tends to be mild, with temperatures ranging between 10°C at the lowest and up to 18°C at the highest. Of course there is some chance of rain so make sure to pack a raincoat!



THE LOCATION & TRAVEL

Our beautiful glampsite is located in the picturesque South Welsh countryside, about 8 miles from the town of Chepstow which you can get to by both coach (around 3 hours on the direct line from London) and train (about 2.5 hours from London).

From Chepstow a taxi can take you the rest of the way to the glampsite. If enough people are arriving by public transport then we'll arrange a minibus.



THE ORGANISERS

The organisers of the trip are the mother-daughter duo Sæunn Rut Sævarsdóttir and Sigríður Sía Þórðardóttir, both hailing from Iceland

Sæunn Rut is a nature junkie and yoga teacher and she runs SajaRut Yoga. She teaches playful Vinyasa Flow classes and relaxing Restorative classes all around Gloucestershire as well as runs retreats and workshops, locally and abroad.

Sía is a yoga and outdoor enthusiast with extensive experience in guiding hiking and biking groups, both in Iceland and abroad.

ENQUIRIES & BOOKINGS

Please send any questions and/or bookings to siathordar@hotmail.com or saeunn@sajarutyoga.com - we are looking forward to hearing from you!

