

What:	October New Moon Circle day retreat
When:	Sunday, 19 October 2025
Where:	Cottons Hotel & Spa, Manchester Road, Knutsford WA16 0SU
With:	Sylvie Ball Yoga
Price:	£95 inclusive (and a 10% on spa treatments booked in advance)
Concessions:	£80 for bookings before 1 August; £10 off each for multiple/friends bookings; payment options available (in full, two or three payments); students aged 16-18 accompanied by a parent £49; students aged 18-21 £59. Please note, only one discount per person applies.
How to pay:	Bank transfer, link via Arketa (please note there is a fee), or PayPal
Included:	Refreshments and snacks on arrival and in the afternoon, hot drinks through the day, vegetarian lunch, locker hire, bathrobes and slippers, use of spa and gym, yoga sessions and one to one with Sylvie (please arrange before the date to allow scheduling).
Please bring:	Comfortable, stretchy clothes and layers for yoga, including socks, mat, blanket, etc., if you have your own, bathing suits for the spa, extra towels as needed (can be hired), water to sip on, journal and pen.
Suitability:	The yoga practice will be slow, gentle and restorative, and is suitable for most abilities, including beginners. If you have any health issues, or concerns at all, please contact me so we can work out safe alternatives.
Cancellation:	In less than 14 days 100%, in less than 28 days 75%, in less than 60 days 50% of the booking fee will remain payable.
Gift vouchers:	This can make a beautiful gift for someone. Gift vouchers are available in a card form, with space for your own message inside.
Numbers:	Numbers are limited to ensure everyone can practise and relax comfortably.