



Namaste,

I would love to hear your feedback about your experience with **Lotus Love Yoga** at our Glastonbury Retreat, *Satya*.

Please could you comment on the following points:

1. What did you most enjoy about the yoga asana (postures) and choreography? What could have been improved?

I particularly liked the choreography because each practice felt complete yet at the end of our four days I could see how they were building into a bigger picture. It was gorgeous to have our usual 1.5 hour lesson elongated and the luxury of longer times allowed for a better warm up, deeper relaxation and readings in between. So well throughout. The postures were JUST right. Familiar but with a hint of the next stage of challenge

2. What did you most enjoy about the pranayama (breath awareness), mediation and relaxation? What would you have liked to do more/less of?

In a group of dedicated yogis the breathing became more natural than ever. A weekly group means people are rushing in and rushing off and breathing and relaxation are seen as the 'bit at the end' sadly. A group of people who have chosen to retreat into a programme of yoga are all committed to pranayama and introspection and the power of the group was infectious when led by Heidi

3. What did you most enjoy about the yoga philosophy and readings, which were woven into retreat classes? What would you have liked to learn more about?

The readings were well judged, well timed and also the right length. Heidi has a beautiful reading voice which made the readings come to life. I haven't come away wanting to learn more; rather that I have come away feeling content with what I have learnt

4. Please comment on the music used in the classes?

Ridiculously excited to be asked for music choices.....very typical of Heidi to begin to include the class and unite us through music before we had even met. I thought the final choices were well thought out and had the right tone.

5. What was the highlight of your experience? Did you experience a lowlight?

The programme flowed well due to serious thought, careful planning and natural enthusiasm. The flow was so well judged that it meant there were no highs or lows. To say there were no highs makes it sound as though I can't think of any but actually the programme was so much better for flowing instead of skipping up and down. Hi light for me was perhaps the second from last practice when people were waning in energy and nervous of committing fully to the class but I sensed a real unity – everybody turned up, determined to try and then people started to bounce off of each other and under Heidi's instruction it became a really special and energised room

5. Please comment on the venue and staff.

Can't fault the venue. The staff was invisible but ever present (in the form of excellent meals!). It was spotless but homely and relaxed. Light but still warm. Fantastic

6. Please comment on the food.

Excellent and inspiring

7. Please comment on the facilities, including bonfire, hot tub, sauna.

Facilities were clean and well attended to

8. What are thoughts about the live music, Kirtan chanting, Tor experience and meal out in Glatonbury town?

Everything flowed and the sum of the parts, in this instance, made for a very big WHOLE. Live music was incredible. During the practice it was almost too good and because it was electric rather than acoustic I sometimes forgot he was there and wonder if it would have been a warmer and more personal sound on an acoustic guitar but after the class, he proved that he was an AMAZING performer and all about the electrics. Very special. Kirtan chanting was a nice way to end the day

Tor experience was brilliant.....I wasn't sure I wanted to leave the comfort of the retreat and it didn't feel necessary but I'm so pleased we did...the restaurant was excellent

9. Please comment on the organisation and hosting of the retreat?

Faultless. Warm hosting, super organisation. Heidi has the knowledge of a learned yogi combined with the inter-personal skills of a natural teacher. She has integrity and intelligence which when combined with a true passion for her art make for a perfect retreat.

10. Would you go on a yoga retreat with Lotus Love Yoga again?

Book me in!

11. Any other comments.

THANK YOU. I THANK YOU XX

living in the rhythm of life, yoga and joy.

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