

L'HORIZON  
— BEACH HOTEL & SPA —

YOGA & QIGONG ESCAPE  
ITINERARY

7<sup>TH</sup> - 9<sup>TH</sup> MARCH 2025

# L'HORIZON

— BEACH HOTEL & SPA —

## FRIDAY 7<sup>TH</sup> MARCH:

**Check-in time: 15:00**

**Evening Practice: 17:30 - 19:00**

### JOINT OPENING, RESTORATIVE YOGA & SOUND HEALING

This class will focus on freeing up every joint in the body with a traditional Yoga practice of Pavanmuktasana. The exercises focus on loosening tensions held in the body, improving overall circulation and limbering the body for the weekend ahead. It's particularly effective for rheumatic or arthritic conditions and for stimulating our digestive and abdominal organs. It will also include a relaxing and healing soundtrack to help us unwind and sleep soundly.

**Dinner: 19:30 - two course dinner in the Atlantic Room**

## SATURDAY 8<sup>TH</sup> MARCH:

**Gentle Qigong & Mindful Practice: 07:30 - 07:55**

### SETTING AN INTENTION & OPENING TO ENERGY

The translation of Qigong from Chinese to English means 'cultivation of energy' and there's no better time to start than early morning. Cultivating good energy is more than just a physical practice and includes setting our mind in a positive direction for the day ahead. Movements will be gentle, and the focus will be on embracing a positive mindset.

**Morning Session: 08:00 - 09:30**

### MUSCLES & TENDONS & HOW THEY COMPLEMENT EACH OTHER

This class will involve exploring the Chinese Medicine practice called the 'Muscle & Tendon Changing Classic' or 'YiJin Jing'. This traditional practice has been around for over 1,500 years and is becoming increasingly popular today for promoting health, well-being and longevity. The practices aim to strengthen muscles and tendons, promote strength and flexibility, increase speed and stamina whilst improving overall balance and co-ordination of the body. A great all-round body conditioner which is suitable for all levels of student.

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## **Breakfast at leisure in the Crystal Room: 09:30**

## **Wellness Walk: 11:00-13:00**

Step outside of the hotel and join us for this scenic walk as you connect with nature and each other. A chance to appreciate the power of fresh air and open space to clear the mind.

## **Relax in the Spa: 13:00-17:00**

Time to relax in the spa and enjoy a 25-minute treatment of your choice.

## **Afternoon training session: 17:30 - 19:00**

### THERAPEUTIC YOGA FOR WELLNESS

This class will focus on how to use Yoga to maintain optimal health and wellness for body, mind and spirit. We specifically focus on backs, shoulders and hips along with any other area you may wish to request help with. This is Caroline's most popular class among regular students - it's both restorative and preventative. Getting to know the weaker areas in our body enable us to focus on the specific problems we want to resolve and how we can use Yoga to enable this through breath-work and mindful movement.

## **Dinner: 19:30 - two course dinner in the Atlantic Room**

## SUNDAY 9<sup>TH</sup> MARCH:

## **Gentle Qigong & Mindful Practice: 07:30 - 07:55**

### THE DAILY DOZEN

This short sequence of 12 movements includes a simple and easy to follow practice of waking up and working every joint in the body. It's a useful take-away for maintaining an easy-to-follow stretching routine at home. There will be handouts provided for you to take away.

## **Morning Session: 08:00 - 09:30**

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## TOWARDS HAPPINESS, HEALTH & LONGEVITY

Our final practice will be a review of all the tools we've used and what we've discovered over the weekend. Although we come from completely different backgrounds, with differing health concerns, we're all the creators of our own happiness, health and well-being. Our final class together will be a celebration of how we skillfully move forwards in our lives and create a long, happy and enriching life.

**Breakfast at leisure in the Crystal Room: 09:30**

**Late Check-Out time: 12:00**

## ABOUT CAROLINE

Caroline has been teaching for over forty years. Originally trained as a Physical Education teacher, specialising in 'Movement Studies', she started teaching Yoga in 2006 when she set up the first dedicated Yoga studio in Guernsey called 'The Yogic Arts Studio'.

'ENTHUSIASM, ENERGY & EXPERIENCE' This is how Caroline's students have described her and why they enjoy her classes so much. No class is ever the same and her long-term students have evolved their Yoga practice through her constant ongoing studies and thorough knowledge of anatomy and physiology and, more recently, through TCM (Traditional Chinese Medicine) offerings: Qigong and Internal Martial Arts.

Caroline holds the Advanced BWY (British Wheel of Yoga) Diploma and is recognised by the European Yoga Alliance and the International Yoga Federation, the World Governing Body of Yoga. Since 2020 she has been studying under the tuition and guidance of Mimi Kuo Deemer and is a fully recognised Qigong teacher.