

HAY BARN NEWSLETTER

WARM UP THIS WINTER WITH A SELECTION OF INSPIRING EDUCATIONAL WORKSHOPS AT THE HAY BARN. AS THE WINTER DAYS DRAW SHORTER, BOOK A RESTORATIVE TREATMENT FOR YOURSELF, OR SURPRISE A FRIEND WITH A GIFT FROM THE BAMFORD BATH & BODY COLLECTION. THE ARRIVAL OF THE NEW YEAR IS THE PERFECT TIME TO RE-VISIT RESOLUTIONS AND BEAT THE POST-HOLIDAY BLUES WITH A DETOX PLAN; INCORPORATE NEW COOKING AND NUTRITION TIPS FROM DAYLESFORD ORGANIC INTO YOUR WEEK; OR INDULGE IN A LITTLE PAMPERING AT THE NEW TREATMENT POD OPENING EARLY NOVEMBER AT OUR DRAYCOTT AVENUE STORE.

Develop your awareness of nutrition with a day-long workshop at Daylesford Organic on Friday November 13th that includes yoga, cooking and gardening. Participants will be introduced to a variety of ways in which you can better care for your digestion and select the healthiest foods and preparation methods for your wellbeing. The workshop begins and concludes with a yoga class led by Vettri Selvan. Our Cookery School instructor Vladimir Niza will give talks throughout the day on key topics. Environmental Scientist Tim Field will discuss wild gathering and our Organic Gardener Jez Taylor will lead a walk through our Market Garden. But its not all hard work and study! The afternoon includes a deep tissue massage at The Hay Barn followed by preparation of a light supper at The Cookery School. The workshop runs from 10am to 5pm and costs £175 per person. For bookings call 01608 731 700 or email phoebe.fox@daylesfordorganic.com.

On Saturday, October 31st Vettri Selvan will lead a day long workshop PRANAYAMA: THE ART OF BREATHING. Pranayama works to establish regular breathing patterns by taking control of the breath and re-establishing the natural, relaxed rhythms of the body and mind. Vettri is a disciple of renowned Yoga master Sri Swami Satchidananda and has taught yoga and meditation for the last 14 years. The workshop runs from 11am to 4:30pm and costs £65 per person.

Join the world renowned LUC CHOLEY on the weekend of November 21st and 22nd for two days of Kundalini yoga and relaxation. Luc has participated in three Olympic games, is currently an Olympic coach and has taught Kundalini yoga for twenty years. The workshop runs from 10am until 4:15pm each day. £65 for one day, £120 for 2 days (booking required).

Join us on Saturday 28th November 2009 for Selvan's workshop THE ART OF ECSTASY. Participants will explore the essentials of meditation, which work to harmonise the body, quiet the mind and enrich our emotions. After enjoying an organic vegetarian lunch, the afternoon session will explore chakra healing meditation, breathing, consideration of inner silence and concludes with the sharing of thoughts. Workshop runs from 11am until 4:30pm and costs £65 per person.

For bookings and more information on our Hay Barn workshops please call the Hay Barn on 01608 731703 or e-mail haybarn@daylesfordorganic.com. Overnight local accommodation can be arranged for workshop participants on request.





We have tailored yoga classes and a new weekly baby massage class for new mothers and mothers-to-be, and the HAY BARN MOTHER-TO-BE day package (£100) includes yoga, massage and meditation. All provide excellent ways to connect with your baby. Pregnancy massage provides more oxygen and nutrients to both mother and baby and can also soothe many of the discomforts of pregnancy, while daily morning yoga and evening meditation provide ongoing balance for the body and mind. BABY MASSAGE is an ideal bonding experience for mother and child. Studies suggest that increased physical contact can help to improve a baby's breathing, circulation, digestion and growth as well as easing post-natal depression in mothers. Baby Massage class, 3:30pm, Tuesdays.

OSTEOPATHY is now available at The Hay Barn. Osteopaths treat every part of the body, using a wide range of techniques, tailored to the individual. This system does not use drugs or surgery. Instead it focuses on the diagnosis, treatment, prevention and rehabilitation of problems with muscles, ligaments, nerves and joints. Techniques used are very gentle and treat a wide range of conditions including back and neck pain, arthritic pain, sciatica, sports injuries, joint pain, asthma and headaches.

Or book an appointment at our Bamford Body TREATMENT POD open from early November at our Draycott Avenue store. Our treatment list includes the Bamford Body treatment (£90, 90mins) a full body massage using Bamford Body products and a combination of complementary therapies to nurture a feeling of balance and calm; a variety of massages and Integrative Reflexology (£55, 45mins) which is a modern form of reflexology that uses a mixture of disciplines to help balance the entire system.

Take advantage of our mid-week offer: when you book a deep tissue massage at The Hay Barn on Tuesday or Wednesday (£65), you can enjoy a main course from our chefs' daily, seasonal selection; such as loin of Daylesford pork, candied apples, rocket and aioli or fillet of salmon baked in puff pastry with a tomato and chervil mayonnaise or afternoon tea with our compliments – tempted?

Treat yourself to products from the new organic skin care range VOYA, now stocked in the Hay Barn shop. Voya combines seaweed harvested by hand from the northwest coast of Ireland with the finest organic ingredients from around the world. Six years of intensive research inform the unique methods used to capture the effects of fresh seaweed baths.

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DAYLESFORD ORGANIC
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GLOUCESTERSHIRE
GL56 0YG
01608 731 703

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GLOUCESTERSHIRE
GL56 0YG
01608 731 700

BAMFORD
169 DRAYCOTT AVENUE
LONDON
SW3 3AG
020 7589 8729



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