



CHRIS DIFFORD & SEVDA MUSTAFA

YOGA & SONGWRITING/CREATIVE WRITING RETREAT

TILTON HOUSE, SUSSEX

7 - 10 JUNE 2018

Our last retreat was such a delight to teach that we are both excited to be coming back. Whether you're a songwriter, musician, creative writer or yogi - even if you're none of the above but are open to learn and explore - this retreat is the perfect opportunity for you to unleash your creative side in a relaxed environment.

Set in beautiful grounds at the foot of the South Downs, Tilton House enjoys a rich and fascinating history. Its owners, Shaun and Penny, have kept the gardens and house in perfect order, whilst adding their own unique touch.

Prices start from £499 / £150 non-refundable deposit

All inclusive, except travel

For more information and bookings contact: seviemustafa@icloud.com



Chris Difford is a rare breed. As a member of one of London's best-loved bands, the Squeeze co-founder has made a lasting contribution to English music with hits such as *Cool for Cats* and *Up the Junction* to name just two of many. Chris has hosted writing workshops for over 25 years. In 2014 he formed a partnership with the Buddy Holly Foundation. To add to his many talents, Chris has also written his autobiography which was published in August 2017. This will be his third writing course at Tilton House.

This retreat was a much-needed break for me, but more importantly it has inspired me in more ways than one. I have learned some useful hints to help me with my writing and started to make time for my yoga practice and meditation, which are already becoming a valuable part of my everyday life.

Thank you Sevda and Chris

Jennifer Birch



Sevda Mustafa has been studying yoga for over 20 years. She is a respected teacher who is influenced by Iyengar, Hatha and Asthanga yoga. Sevda is known for her down to earth, attentive and inspiring teaching style. She has been taught by many amazing teachers including Godfrey Devereux, Zoe Knott, Bob Insley and Marteen Vameese, all of whom have influenced her teaching deeply. Like Chris Sevda has been doing yoga retreats for years.

ACCOMODATION

Rooms are simple in style but in keeping with this historical house which was once a gathering place for the famous Bloomsbury Group.

A lovely cedar sauna is available throughout your stay. There is also a therapy room with massages, which we can arrange on your behalf.



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