

# **Nurturing Hands – Warm Hearts**

## **June 22 Yoga and Wellbeing Retreat**

### **What's included?**

Healthy nutritious light breakfast and nourishing lunch for all, and nutritious and additional tasty evening meal for full board guests. Something sweet for after lunch and evening meal. All vegan and gluten free.

A shared hot shower for 3 our full boarding guests. Bed linen and towels are included.

Your accommodation which will be a single room with tea & coffee making facilities.

All the activities listed below:

Daily Meditation - skills for life compassion meditation programme.

Daily morning power yoga and evening restorative yoga

Connecting to self through horses (Thursday, Friday and Sunday). More information on your sessions will be provided nearer the time. No prior horse experience is required, these sessions are about focusing on our strengths and learning about ourselves on a deeper level and not about horse skills.

Reiki Level 1 certificate, or 2 if you already have Reiki Level 1 (Saturday)

Sound bath as part of guided relaxation following your yoga sessions

Mindfulness grounding meditation walk following reiki training

Reflection and relaxation in the evenings for full board guests

### **What should I bring?**

Yoga Mat (spares at the venue if needed)

Any blocks or bricks if required (spares at the venue if needed)

Comfortable clothing for yoga. In addition to the above please bring comfortable clothes for yoga and light comfortable clothes in case it is hot. The venue is very sheltered and if the weather forecast predicts hot weather, then it is likely to be a little hotter here at the venue. Please bring some robust footwear for your 'connecting with self through horses' sessions.

An openness to be pampered and to unwind

### **Extra costs not included:**

It is our delight to provide you with a travel pack of eco-friendly and pure essential oils shower gel, shampoo and conditioner set. You can bring any further toiletries or cosmetics that you will need.

### **Question / Answers**

- Is this retreat open for beginners? Yes, we will support you to enjoy the yoga that's right for you on this retreat, offering mixed ability classes as well as classes suitable for complete beginners running alongside.

- Is this retreat right for me? The venue is the place to find space, peace & tranquility, through a truly nurturing programme. So, if you really want to detox from social media this retreat would be perfect for you as there is no Wi-Fi and only 12 V electricity which is actually solar powered to 12V battery.

Will I be able to charge my mobile phone up? Yes, 12V will enable you to charge your phone up, however, there isn't enough power for hairdryers, irons, etc. There is adequate lighting.

- When can we arrive? Arrival and welcome will be at 4pm on Thursday.

- Do I have to go to all classes? No, this is your holiday, please feel free to join the classes as much or as little as you like. We would gently advise that in order to gain the full benefits from this transformational retreat that you give each activity a try. It is our pleasure to offer a programme for you that will be nurturing, emotionally strengthening, relaxing, healing and rejuvenating with your best interests and wellbeing at heart.

- Is the retreat accessible? The driveway down to the stables is quite steep and care should be taken not to slip. There is a step onto the decking in front of the yoga studio and a step into the accommodation.

- What will the weather be like? British weather is unpredictable so please bring a couple of warm jumpers and a jacket for chilly evenings. Bring a waterproof jacket if you have one. Let us know if you don't have one and we can provide you with one. Bring a sun hat and sun cream in case it is hot.

Do I need to bring anything to eat? We will provide a healthy light breakfast, nourishing lunch for all, and nutritious and tasty evening meal for full board guests. All vegan and gluten free. We will provide something sweet for after lunch and evening meal. If you feel you would like to bring anything extra you are welcome to.

- What should I do if I have food intolerances/ allergies? Let us know as soon as possible so that we can accommodate you.

- Will alcohol be available? Alcohol will not be provided. It is your holiday and if you would like to bring some alcohol to drink after all sessions and activities have finished for the day, you are welcome to. However, you may prefer to see this holiday as an opportunity for you to detox and rebalance your body. Certainly, after completing your reiki training you may wish to give alcohol a miss due to how open the training may leave you.

- Where do I pay my money into? Please pay into the bank account on the booking form.