

# Friday 28<sup>th</sup> - Sunday 30<sup>th</sup> November 2025

Join us for a soul-nourishing weekend on a stunning 270-acre farm in Hampshire, where luxurious converted barns meet wide open skies. This immersive retreat is designed to restore your energy, reset your nervous system and reconnect you to - you.

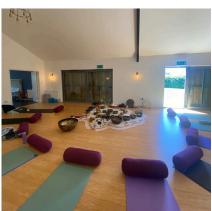
2-night all-inclusive accommodation; with check-in from 4pm on Friday and departure around 2pm on Sunday.

Don't take our word for it though, check out our Google reviews from our successful first retreat held earlier this year:

#### THE RETREAT WILL INCLUDE:

- **Daily Yoga -** gentle, grounding & rejuvenating classes for mixed abilities
- Sound Bath Healing deep relaxation through immersive sound therapy
- Wellness Talks holistic guidance on sleep, stress & seasonal self-care
- A Sauna / 🌞 Ice Bath energise your body, calm your mind
- **Guided Winter Walk** step gently into the stillness of the season
- Nourishing Vegetarian Meals nurturing & nutritious meals & snacks
- Free Time space for you to just "be"

Whether you are new to wellness or deepening your journey - everything we offer is an invitation to participate <u>not</u> an obligation. SPACES ARE LIMITED for an intimate, personal experience.











Due to a last minute cancellation, we can now offer one room {double/twin/triple} with a £50 discount per person!

## Details:

Luxury barns on a peaceful Hampshire farm

Fri, 28 Nov (check-in from 4pm) - Sun, 30 Nov (depart around 2pm)

Limited spaces available

### Investment:

£445pp / 2 people sharing a twin or double room - if you are a solo guest please see below\*

### £400pp / 3 people sharing a triple room

 If you are a solo guest and are happy to share a twin room with another solo guest, please get in touch via the "Enquire" button below.