

RESTORATIVE WINTER WELLNESS RETREAT NOVEMBER 2025

Special Offer!
£50 off
per person –
see below!

Friday 28th - Sunday 30th 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
- 🔥 **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 not 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.

ENQUIRE →

BOOK →