

ASHTONS' RETREATS

WINTER RESET RETREAT 2026

Fri 27 - Sun 29 November

step away
slow down
come back stronger



OUR OFFERING WHAT TO EXPECT

-  **Luxury Barn Accommodation** - ensuite rooms in beautiful Hants countryside
-  **Daily Yoga/Pilates** - gentle, grounding & rejuvenating classes for mixed abilities
-  **Sound Bath Healing** - deep relaxation through immersive sound therapy
-  **Sauna / ❄️ Ice Bath** - energise your body, calm your mind
-  **Wellness Chat** - holistic guidance on nutrition, sleep, stress & seasonal self-care
-  **Guided Winter Walk** - step gently into the stillness of the season
-  **Nourishing Vegetarian Meals** - nurturing & nutritious meals & snacks
-  **Kitchen Demo** - ideas and tips on preparing healthy snacks
-  **Free Time** - space for you to just "be"



BOOK NOW

OUR KIND OF *WONDERFUL*

It's not just a retreat - it's the collective energy that changes everything....



“The combination of rejuvenating yoga sessions, deeply relaxing sound baths and beautiful countryside walks with such lovely fellow guests made the two days feel timeless in the best possible way”. Peter H

“If you fancy stepping off the world for a couple of days and nurturing your body and soul - then this is the retreat for you.” Jane T

“Some retreats are a great few days being pampered and some make a fundamental difference to life moving forward... this one was both!” Jackie M

THE DETAILS



WHERE AND WHEN

Gambledown Farm

Sherfield English

Romsey

Hampshire SO51 6JU

Fri 27 November 2026

- check-in from 4pm -

Sun 29 November 2026

- depart around 2pm -

YOUR INVESTMENT



ROOM OPTIONS

£535 pp twin / double room

- 2 people sharing -

£445 pp triple room

- 3 people sharing -

£615 single occupancy

- limited availability -

If you are a single person & happy to share a twin room with another solo guest, or you have an enquiry, please get in touch with us by email.

[EMAIL](#)

BOOK NOW