

Nourishing New Year Retreat 2022

This retreat is going to be really special



The Venue

The venue is in a beautiful setting and consists of a double barn conversion - an old Welsh barn and a Dutch barn. A stunning blend of traditional and contemporary. Situated in a peaceful elevated location in the eastern reaches of the Brecon Beacons National Park and just a short drive from Abergavenny.

The venue is perfect for chilly winter days and cosy dark evenings with its underfloor heating, circular cone open fire, wood burner, hot tub and steam shower. Views from many windows of the barns are of the surrounding, stunning Black Mountains. There is also great walking to be had from the door.



The Beautiful Yoga

It is a group of just 11 students - this is my smallest retreat yet. This means you get more individual attention, time and space. All the yoga classes are carried out by your experienced yoga teacher Kerrie. They will be a fusion from all of Kerrie's trainings, including; Hatha, Yin, Nidra, Meditation, Zen and visualization. This a retreat to nourish you, help you recharge and reset for the year ahead. There will be plenty of rest and relaxation as well as movement.



Extra Treats

Treatments and massage are available! There will be lots of optional extras such as Bollywood dancing, new year workshop, shinrin yoku (forest bathing), making and eating s'mores around the indoor/outdoor fire pit, dips in the hot tub and a talk from our amazing ayurvedic chef around the secrets to health and long life. The food will be incredible.....it's the BEST veggie food around and any allergies/intolerances can be fully accommodated.



Schedule

The retreat begins on the afternoon of Friday 21st January with time to settle in and go for a wander before the first yoga class at 5.30pm. Dinner will be served at 7.30pm. Monday 24th January being departure day.

A taster.....the likely schedule for Saturday

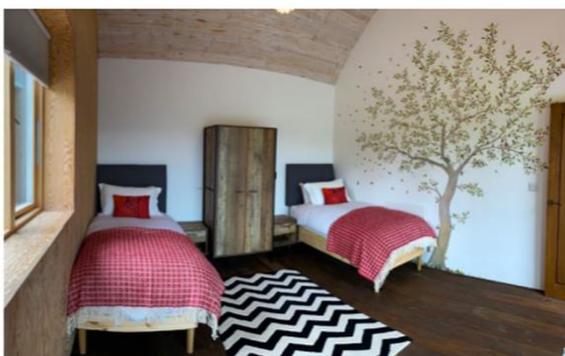
8.00am	Hot drink and protein snacks pre-yoga
8.30 - 10am	Morning yoga and Zen meditation class
10am	Brunch served of wholesome warming foods and teas
11 am – 3.30 pm	Free time for walking, reading, hot tub, treatments or just relax. Optional walking meditation and shinrin yoku (forest bathing) in the tranquil surrounding countryside.
3.30pm - 4.30pm	Secrets from the amazing ayurvedic chef – Themed talk and questions around the secrets to health and long life!
4.30pm – 5pm	Bollywood Dancing Discovery Session
5.30pm – 7.30pm	Evening yoga and meditation class
7.30pm	Delicious Vegetarian Dinner
8.30pm	S'mores around the outdoor/indoor fire pit
10 pm	Bedtime!

Rooms and Prices

Room Name	Type	Price per person (unless stated)	Early Bird* Price per person (unless stated)
Twin Peaks	Twin, shared bathroom	£425	£375
Owl Nest	Double, shared shower room	One person £525 Two people £795	One person £475 Two people £745
Bunk House	Triple room: two singles and one double bed (three people), shared bathroom. (Adult bunk available and/or double can be shared for group bookings. For group discounts see next box).	£425 Whole room Group of four £1620 (group saving of £80) Group of five £1970 (group saving of £100)	£375 Whole room Group of four £1420 (group saving of £80 PLUS early bird of £200 off) Group of five £1720 (group saving of £100 PLUS early bird of £250 off)
Fforest Cabin	Private entrance, twin, private Shower room, private outdoor (hot!) bath	£445	£395
Pig Style	Twin, private ensuite	£445	£395

*Early bird discount available until 29th October 2021. Deposit must be paid.

Twin Peaks



Owl Nest



Bunk House



Fforest Cabin



Pig Style



Kerrie is looking forward to welcoming you to this special retreat.
If you have any questions, please message Kerrie at
yogabodyzenmind@gmail.com