

Personal Growth and New Beginnings

New Year Retreat 2024



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 Brecon Beacons National Park and 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.

There are dreamy views of the surrounding Black Mountains and great walking to be had.

The perfect place to unwind.



The Beautiful Yoga

A small retreat means more individual attention. All the classes are carried out by your experienced yoga teacher Kerrie (1200 hours professional training and over 4000 teaching hours). Classes will be a fusion from all of Kerrie's trainings; Hatha, Yin, Nidra, Meditation and Zen. Our focus is on personal growth, self-care and new beginnings. Kerrie will use her yoga, coaching and psychotherapy experience to guide you to consider how life is now, how you would like it to be, and how you bridge any gaps. Gentle yet impactful.



Extra Treats

Massage and reflexology will be available (at an extra cost).

There will be beautiful optional creative activities such as laughter yoga and silent walking meditation, personal growth coaching workshop, self-care inspiration, SMORES around the fire pit as well hot tub dips, mountain walks and time to relax.

The food will be incredible.....it's the BEST ayurvedic food around and any allergies/intolerances can be fully accommodated.



Schedule

The retreat begins in the afternoon on arrival day (from 4.30pm check-in) with time to settle in before the first yoga class at 5.30pm. Yoga and brunch on departure day, before saying goodbyes at 10:30am.

What a typical day might look like...

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 – 2.30 pm	Free time for walking, reading, hot tub, massage, reflexology or relax with new or old friends.
2.30pm	Hearty and warming lunch
4.00pm-5.00pm	Laughter yoga session
5.30pm – 7.30pm	Evening yoga and meditation class
7.30pm	Delicious Vegetarian Dinner
10 pm	Bedtime!

Rooms and Prices

RETREAT ONE

3-nights: from Thursday 4th to Sunday 7th January 2024

Room Name	Type	Price per person (unless stated)	Early Bird* Price per person (unless stated)
Twin Peaks	Twin, shared bathroom	£555	£495
Owl Nest	Double, shared shower room	One person £695 Two people £895	One person £625 Two people £855
Bunk House	Triple room: two singles and one double bed (three people), shared bathroom.	£555	£495
Fforest Cabin	Private entrance, twin room, private Shower room	£595	£525
Pig Style	Twin, private ensuite	£595	£525

*Early bird discount available until 30th September 2023. Deposit must be paid.

RETREAT TWO

3-nights: Sunday 7th to Wednesday 10th January 2024

Room Name	Type	Price per person (unless stated)	Early Bird* Price per person (unless stated)
Twin Peaks	Twin, shared bathroom	£555	£495
Owl Nest	Double, shared shower room	One person £695 Two people £895	One person £625 Two people £855
Bunk House	Triple room: two singles and one double bed (three people), shared bathroom.	£555	£495
Fforest Cabin	Private entrance, twin room, private shower room	£595	£525
Pig Style	Twin, private ensuite	£595	£525

*Early bird discount available until 30th September 2023. Deposit must be paid.

The Rooms

Twin Peaks



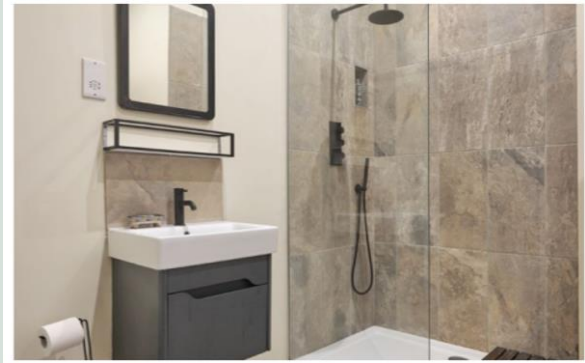
Owl Nest



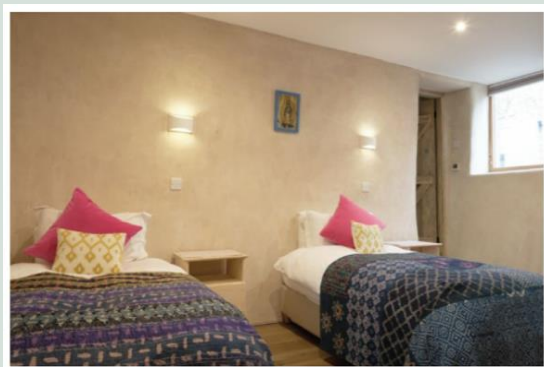
Bunk House (max 3 people)



Forest Cabin



Pig Style



Self-care and self-connection are at the heart of this special retreat.

Kerrie is looking forward to welcoming you.
To reserve your place or ask a question, please message Kerrie at yogabodyzenmind@gmail.com