

Reconnect and Restore

Weekend Yoga Retreat in Rural Lincolnshire

4th - 6th September 2020 and 21st-23rd May 2021



From £240

(depending on accommodation choice)

Restore and enhance your wellbeing with a weekend of yoga and time spent with animals and nature. Reconnect with the rhythm and importance of your breath, practice acceptance and gratitude for your physical body, and find a sense of balance and connection with yourself and others.



Benefit from exclusive use of Laurel Park Campsite, a secluded 2 ½ acre site offering: luxury glamping accommodation, a purpose-built yoga barn, communal lounge space, hot tub area, fire pits and various animals, including free range chickens, giant rabbits and miniature donkeys!

The retreat will include five extended length yoga sessions – combining hatha yoga, slow flow, yin yoga, restorative yoga, irest yoga nidra, pranayama, meditation, mantra, talks and relaxation. Participate in as much or little as you like. The weekend is suitable for all levels of experience and ability. There will also be time for you to relax, read, walk, cycle, enjoy the hot tub, spend time with the campsite animals or visit local towns...though you may not want to leave!!!

Prices start from £240, when bringing your own tent, motorhome or caravan (electric hook-up available) and booking before 31st March. Or stay in a luxury glamping tent, with proper beds, heating, electric, glamping toilet and outdoor seating area. These prices include delicious home cooked vegetarian meals and snacks (with vegan options), accommodation (when staying in one of our glamping tents), all yoga and associated activities listed in the schedule and exclusive use of all Laurel Park Campsite facilities.

A non-refundable deposit of £100 will secure your place, with the remaining balance due 8 weeks prior to the retreat. All bookings made after this date will require payment to be made in full.

**Places are limited to 8 people...
So book early to avoid disappointment.**

Early bird price:

Save up to £30 when booking before 31st March 2020
£240 (bringing own tent/motorhome/caravan)
£255 (staying in luxury glamping tent)

Regular price:

(Booking between 31st March 2020 and 10th July 2020)
£265 (bringing own tent/motorhome/caravan)
£285 (staying in luxury glamping tent)

All glamping prices are based on two people sharing.

Reconnect and Restore

Weekend Yoga Retreat in Rural Lincolnshire

4 - 6th September 2020 and 21st - 23rd May 2021



Event Schedule

Friday

- 14:00 Welcome tea and treats
- 15:00 Site tour and meet the animals
- 16:30 – 18:00 Yin / Restorative / Yoga Nidra
- 19:00 Dinner in the dining room
- 20:30 Communal fire pit and optional hot tub

Saturday

- 07:00 – 9:30 Buffet breakfast in the communal lounge
- 08:00 Optional feed and care for the animals
- 10:00 – 11:45 Hatha and meditation
- 12:30 Lunch in the dining room
- 14:00 – 15:00 Optional donkey walk (weather permitting)
- 15:00 Snacks in the communal lounge
- 15:15 Optional feed and care for the animals
- 16:00 – 17:30 Yin Yoga
- 18:00 Dinner in the dining room
- 20:00 – 21:15 Pyjama iRest Yoga Nidra and Restorative Yoga (with hot water bottles!)
- 21:30 Communal fire pit and hot cocoa

Sunday

- 07:00 Breakfast smoothies in the communal lounge
- 08:30 – 10:15 Hatha and meditation
- 10:30 Brunch in the dining room
- 12:30 – 14:00 Yin / Restorative / Yoga Nidra
- 14:15 Finish / check-out (plus optional tea and snacks)



Additional facilities available from 8am until 10pm include:

Use of the hot tub; board game and book library; use of the yoga studio for additional practice; meditation garden; use of bicycles; communal herb garden; use of a communal fire pit (wood provided); colouring pencils and mandala handouts, plus campsite shop selling ice-creams and crafty bits and bobs.

Please review our full terms and conditions before booking.

Please see www.laurelparkcampsite.co.uk for more information and images.

