

Estate
of mind



RESTORE MIND AND BODY AT OUR RETREAT

Join three expert trainers in yoga, sound and breath therapy to unwind and get mindful in the beautiful Somerset countryside

With the hectic schedules we all keep and the stressful lifestyles we lead, it's sometimes difficult to make time to reset mentally and physically. On this three-night stay at Our Retreat in the wonderful Somerset countryside, you'll be joined by three experts in yoga and mindfulness to help you do just that.

Yoga instructor Jade McClernon will take you through a daily practice. Sound artist Cherub Sanson will employ gongs, drums and Cherabella crystal sound bowls to help you unwind and deeply calm your senses through vibration. Lisa Sibley-Pollitt, our expert breath coach, will provide guided meditation sessions and workshops to help you rebalance the mind and body. You'll also be joined by *WH* Deputy Editor Victoria Joy for a session.

This combination of breath work, yoga and sound meditation will lead you from the sympathetic nervous system – where most of us live our lives – to the parasympathetic nervous system, where the body can rest and recharge. The nourishing food and 42 acres of peaceful surroundings provide the ideal setting for this magical healing to happen.



WHAT YOU'LL LOVE

♥ EXPERT TUITION AND *WH* EXPERTISE

Jade, Cherub and Lisa are all experts in their fields, selected by Our Retreat for their experience and industry reputation. They will help you reach your mindfulness goals through the use of movement, sound and breath. While Victoria Joy, *Women's Health* Deputy Editor and retreat veteran, will join you for a Q&A session in the yurt, discussing how she stays Zen while leading a busy lifestyle in the city.

♥ STUNNING LOCATION

Deep in the Somerset countryside, you'll feel a million miles from anywhere, allowing you to fully relax during your four-day break. The award-winning luxury farmhouse, where Our Retreat is hosted, sits within 42 acres of ancient forest and wild meadows, so you'll be able to stay in touch with nature and enjoy its therapeutic benefits.

♥ FEED MIND AND BODY

After your morning practice, you'll enjoy a healthy buffet-style brunch to fuel your day, created by the on-site chefs. Mid-afternoon, they'll rustle up protein shakes and snacks to power you through your evening sessions, before you enjoy a plant-based group dinner and discuss your day's activities.

Women's Health
HOLIDAYS

READER OFFER

THE PRICE

Three nights from £595pp

THE DATES

29 November –
2 December 2019

WHAT'S INCLUDED

- Accommodation at the stunning farmhouse
- Nutritious meals prepared by on-site chefs
- Morning yoga and meditation practice
- Afternoon Pilates
- Guided meditation
- Group sound relaxation
- Evening restorative yin yoga
- Workshops and talks
- Guided walks through beautiful countryside

TO BOOK

Call 0808 239 0441

Quoting **WH YOGA**

Visit womenshealthmag.com/uk/ourretreat

Terms and conditions: Prices based on two sharing. Single rooms available from £595. Subject to availability. For full terms and conditions, go to womenshealthmag.com/uk/ourretreat

OUR TRAVEL PARTNERS

Think of Our Retreats as a vacation for the soul. And there's no better way to kick-start a healthier existence than an adventure with Our Retreat.



VISIT THE WEBSITE WOMENSHEALTHMAG.COM/UK/OURRETREAT