



## January Yoga & Wellbeing Retreat 17<sup>th</sup> – 19<sup>th</sup> and 24-26<sup>th</sup> January 2014 Brantridge Park, Sussex

Stretch, twist and breathe out the festive excess, indulge in some much-needed me time after the chaos of Christmas and kick-start your year feeling healthy and relaxed, with our yoga and wellbeing retreat in the Sussex countryside.

### Yoga

Mixing up detoxifying dynamic sequences with longer held poses, the yoga classes will be modified to suit all levels of yogis. Over the weekend we'll explore all manner of poses, pranayama and meditation techniques, culminating in a soothing 'yin' yoga session on the Sunday. You'll be taught by two teachers – Sally & Paula, each bringing their own unique styles. You'll also be treated to a bedtime 'yoga nidra' (yoga sleep) guided meditation on Saturday to help you have your best sleep of 2014 yet!



### Food

All meals will be vegetarian and made from healthy 'whole foods' with as many super foods and seasonal produce as possible. Although not strictly a 'detox' weekend, we'll be going easy on the wheat, gluten and dairy and you won't find any refined sugar in any dishes. Alcohol will be replaced with flavoured water and bottomless cups of herbal tea. Expect warming winter stews, colorful vegetable concoctions, biodynamic eggs for breakfast and the raw chocolate mousse made from avocados!



### Venue & Accommodation

Brantridge Park is a stunning manor house built in the 1850s that sits amongst 90 acres of Sussex countryside. Based between Balcombe & Handcross, it's easy to reach from London via a train to Crawley or Three Bridges & a 15 minute (£12) taxi ride.



## Treatments

Treating yourself to a pampering facial or massage (or both!) will really help you find that deeper state of relaxation. Treatments incur an extra cost of £25 for 30 mins, £40 for 60 mins, or £50 for a 60 min hot stone massage, and will be scheduled in free time between yoga and meals.



## Raw Chocolate making workshop

Sarah Barber, Nutritionist & Health Food Chef from [Pure People](#) will be offering a raw chocolate workshop on the Saturday afternoon of the retreat. Learn all about the potent power of the superfood cacao, make some raw chocolates to take home & recipes to try out. **£25 each.** (Must book in advance.)

## Schedule

### FRIDAY

Arrive any time from 6pm  
7.00-8.15pm Yoga (Sally)  
8.30pm Welcome dinner

### SATURDAY

8am Silent meditation walk  
8.30-10am Yoga (Sally)  
10.15am Brunch  
1-2.15pm Raw chocolate  
marking (extra cost)  
2.30pm Light lunch  
5.30-7pm Yoga (Paula)  
7.30pm Dinner  
9.30pm Bedtime yoga nidra

### SUNDAY

8am Silent meditation walk  
8.30-10am Yoga (Paula)  
10.15am Brunch  
12-1.30pm Walk  
2-3pm Yin Yoga (sally)  
3pm Home time

## Cost & booking

**£250 per person** OR:

1. £225 if you book & pay before 30<sup>th</sup> November 2013
2. £375 per person if you'd like your own room & en-suite
3. £200 per person if you're a couple, or two friends happy to share a double bed.

Places will be capped at just 12 guests, so early booking is recommended.

To book email [sally@stretchingthecity.com](mailto:sally@stretchingthecity.com)



"From booking on arrival and all the way through, your experience, knowledge and cherry disposition has shone through. The food, treatments and yoga were fantastic, and the team have been superb. I will definitely recommend a Stretching the City retreat."

Pauline, from our summer retreat.