



# Health and Healing Retreat

Llanidloes, Wales

6<sup>th</sup> - 8<sup>th</sup> November 2020



BODY SOUL BALANCE

# Everything is optional, Relaxing is compulsory

Garth Barns are set in glorious countryside near Llanidloes in mid Wales. The barns are part of Garth Farm, 240 acres of hill, fields, woodland and dingle with a private lake, wildlife pools and spectacular views. Excellent walking country and good birdwatching. The new yoga shala has underfloor heating and a view out to the gardens.

A blissful weekend retreat of health and healing in peaceful mid Wales. Leave everything behind and let everything go and allow your mind, body and soul to return to its natural rhythm and balance.

**Arrival from 2pm on Friday.** All activities and food will run until Sunday afternoon, all guests are very welcome to stay until 10am Monday morning. There is a nearby village with eateries.

## Included:

- 2 nights ensuite accommodation - option stay for 3 nights
- Healthy nutritious vegetarian meals and refreshments until Sunday afternoon
- Workshops throughout the weekend - each one drawing your awareness to one of the 7 major chakras. Invite healing and balance through the practice of yoga, meditation, pranayama and energy work. You will learn how to use a crystal dowsing pendulum and receive a chakra pendulum to take home
- Organised walk, weather permitting
- Finnish Sauna and gym
- Private boating and swimming lake

## Optional extras:

- Chakra Balancing and Reiki
- Reflexology
- Massage
- Hot stone massage
- Craniosacral therapy

£20 per 30 minute session, pre-booking essential as places are limited

# A typical day

8am Wake up Gentle Vinyasa yoga flow

9am Healthy breakfast

Free time to relax, book treatments, take a sauna or simply do nothing

12pm Delicious lunch of fresh salads and soups

1pm Fresh air and walking boots and off we go!

Afternoon cake and tea

6pm Soothing yin yoga and Meditation

7pm Evening meal

8pm Meditation to float you into a blissful sleep



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# Prices

Single Ensuite bedroom £370 pp

Double/Twin Ensuite bedroom £340 pp

Shared 3 person ensuite £330 pp

Bookings are on a first come first served basis and £100 non refundable deposit paid immediately, outstanding balance to be paid 4 weeks prior to retreat.

## Cancellation Policy

Please note - deposits are non-refundable . If you are unable to attend a retreat, outside 2 months of the retreat date, we will do our best to transfer your payment to another retreat but this will not always be possible. Within 2 months of the retreat, no refunds can be issued. If you cannot make your retreat, you can pass your place to a friend or family, no admin fee will be charged.

In the event of a pandemic or situation out of our control and your retreat cannot take place, your place will be transferred to a new date. No refunds will be given.



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