



Winter Rest – Seasonal Slowdown for Winter

Imagine immersing yourself in a day of nourishing selfcare with restorative yoga, qigong, acupressure, delicious food and a gorgeous sound bath to gently slow down and press pause for winter.

Building on the success of our Seasonal Reset Workshops last year, we are delighted to offer our 2nd full day retreat to celebrate & embody the wisdom of the seasons.

Winter Rest – Seasonal Slowdown for Winter – will take place on **Thursday 28th November 2024** at Wick Farm, a beautiful studio & events space on the edge of rural Bath. 10am – 4.15pm.

At this time of year, as nature is conserving energy, turning inwards towards winter slumber, we can find ourselves pulled in many directions, often forgetting the importance of winter as a time to rest. Our new full-day retreat will encourage us to slow down, allowing time to embody and work with the qualities of the water element, which when in balance flows effortlessly and helps nourish our original qi and our deepest wisdom.

What do people say?

“Thank you for such a wonderful day!... Truly resetting and getting in tune with my body. You have created a really powerful day between you all.... Your wise words and different skill sets will stay with me for a long time.” (Venetia)

“Thank you for the most fabulous day... smiled all the way home, we felt thoroughly nourished and balanced.... The attention to detail from the moment we arrived was not missed. Seasonal flowers, amazing scents, candles burning you truly created a wonderful atmosphere...we now feel ready to embrace autumn”. (Abi & Jane)

Join Jan, Sarah and Mel, three like-minded spirits, with a wealth of experience and a passion for wellbeing, for an insightful blend of yoga, qigong, breathwork, acupressure and sound healing. We'll have time to come together to share delicious seasonal refreshments, a thoughtfully planned nutritious vegetarian lunch and time to reflect on our experiences. Come and join us in November for a whole day that will leave you feeling relaxed, restored and calm, as we begin to slow down and ease into winter.

Location: Wick Farm, Farleigh Hungerford, Bath, Somerset, BA2 7NQ. Free parking.

Date: Thursday 28th November 2024

Time: 10am – 4.15pm

Price: £145

To book: Reserve your place by emailing seasonalretreat@gmail.com to request our booking form.

Places: Limited to 20 places. One bursary place will also be available, please email seasonalretreat@gmail.com to apply for our bursary.

Who: This workshop is suitable for new and experienced students.

Included: Seasonal refreshments & lunch. All our food is vegetarian, and we cater for gluten and dairy free. Unfortunately, we cannot accept anyone with a severe food allergy.

Meet your facilitators:

Sarah was completely hooked the moment she first started practicing qigong! It was experiencing the benefits it had on her own body, mind and spirit that led her to undertake extensive training with Long White Cloud Qigong. She is interested in helping reduce internal stresses and anxiety and finding ways to tap into the body's natural healing abilities, using movement, sound healing and moments of stillness. Sarah offers one to one qigong classes and regular sound baths in the Bath area. Instagram: @sarahshealthyappetite

Jan trained in Hatha Yoga with Yoga Alliance 11 years ago & runs weekly classes, workshops and retreats from her rural Wiltshire studio. She is passionate about creating transformative experiences for people, helping students to pause, to listen to and understand their bodies, to find space both for body and mind and to live more in the present moment, weaving yoga into every aspect of their lives. Jan incorporates flow, alignment principles, philosophy, breath and stillness into her practices. www.janjanyoga.co.uk

Mel has been practicing yoga, bodywork and qigong for many years and runs two thriving acupuncture clinics in Bath and Bristol. She has over 14 years of clinical practice as an acupuncturist and teaches students on the degree course at the College of Integrated Chinese Medicine, Reading. She is passionate about living with the seasons and the natural world; supporting people to find optimum health and happiness.

www.melanieleesonacupuncture.co.uk

***Booking T&Cs:** Once you have emailed to request our booking form, we kindly ask you to complete the questions and submit. Once we have received your booking form to reserve your place, you will receive an email confirmation kindly asking for payment in full, via bank transfer. Due to the limited spaces for each day retreat, we kindly ask for payment in full to secure your booking. Unfortunately, we are unable to offer refunds, however, we are happy for anyone who is unable to attend, to pass on their place to someone else, providing any dietary requirements can be catered for short notice. In the unlikely event that the day retreat must be cancelled or postponed by us, we will offer you a full refund.