

Exploring the 5 Kosha's

Weekend Yoga Retreat in Rural Lincolnshire

Friday 19th - Sunday 21st May 2023 or

Friday 16th - Sunday 18th June 2023 or

Friday 8th - Sunday 10th September 2023 or

Friday 15th - Sunday 17th September 2023



From £270 (depending on accommodation choice)

Enhance your wellbeing with a weekend retreat, including a variety of yoga styles, meditation, home cooked vegetarian/vegan food and time spent with animals and nature. Learn more about the five layers of your being - physical body, energetic breath, puppy mind, inner wisdom, and spirit soul – and how to manage these layers in harmony with each other.



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 pygmy goats, free range chickens/ducks, rabbits, guinea pigs 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, and journaling. 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!!! Maybe you'd even like to lengthen your stay before or after the weekend?

Prices start from £270, when bringing your own tent, motorhome or caravan (electric hook-up available) and booking at least four months ahead. Or stay in our luxury glamping tents or railway wagon's, with full-size sprung beds, heating, electric, outdoor seating area and glamping toilet. These prices include delicious home cooked vegetarian meals and snacks (with vegan options), accommodation (when staying in one of our glamping options), 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 at the point of booking.

**Places are limited to just 11 people...
so book early to avoid disappointment.**

Early bird price:

(Booking at least four months before retreat)

£270 (staying in own home/tent/motorhome/caravan)

£289 (staying in luxury glamping tent/railway wagon)

Regular price:

£299 (staying in own home/tent/motorhome/caravan)

£320 (staying in luxury glamping tent/railway wagon)

All glamping prices are based on two people sharing.

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Event Schedule

Friday

14:00	Welcome tea and treats in the lounge
15:00	Site tour and settle into accommodation
16:30 – 18:00	Journaling, pranayama, slow flow hatha, meditation
18:45	Dinner at Laurel House
20:30	Communal fire pit

Saturday

07:00 – 09:30	Buffet breakfast in the communal lounge
08:00	Optional feed and care for the animals
10:00 – 11:45	Hatha, pranayama, restorative, meditation & journaling
12:30	Lunch at Laurel House
14:00 – 15:00	Optional donkey walk (weather permitting)
15:00	Snacks in the communal lounge
16:30 – 18:00	Yin, pranayama, restorative and meditation
18:45	Dinner at Laurel House
20:30	Communal fire pit and hot cocoa, marshmallows etc.

Sunday

07:00 – 09:30	Buffet breakfast in the communal lounge
10:00 – 11:45	Hatha, meditation and journaling
12:00	Lunch at Laurel House
14:00 – 15:30	Mantra, yin yoga, pranayama, restorative & meditation
15:30 – 16:00	Group reflection, tea and snack



Additional facilities available from 9am until 10:30pm include:

Use of the hot tub; board games and book library; use of the yoga studio for additional practice; meditation garden; use of bicycles; communal herb patch; communal fire pit (wood provided); colouring pencils, 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.

