

# The Gifts of Imperfection

Weekend Yoga Retreat in Rural Lincolnshire

Friday 17<sup>th</sup> - Sunday 19<sup>th</sup> May 2024

Friday 21<sup>st</sup> - Sunday 23<sup>rd</sup> June 2024

Friday 6<sup>th</sup> - Sunday 8<sup>th</sup> September 2024

Friday 13<sup>th</sup> - Sunday 15<sup>th</sup> September 2024



**From £279** (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.



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. 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, or spend time with the campsite animals. Maybe you'd even like to lengthen your stay before or after the weekend?

**Prices start from £279**, 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.**

## Retreat price:

**£279** (staying in own home/tent/motorhome/caravan)

**£299** (staying in luxury glamping tent/railway wagon)

All glamping prices are based on two people sharing, though there's space for up to four friends wanting to stay together.

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## Weekend Yoga Retreat in Rural Lincolnshire

18<sup>th</sup>-20<sup>th</sup> May / 21<sup>st</sup>-23<sup>rd</sup> June / 13<sup>th</sup>-15<sup>th</sup> Sept / 6<sup>th</sup>-8<sup>th</sup> Sept 2024



### Event Schedule

#### Friday

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

#### Sunday

- 07:00 – 09:30 Buffet breakfast in the communal lounge
- 10:00 – 11:45 Slow flow hatha, pranayama, meditation and journaling
- 12:00 Lunch at Laurel House
- 14:00 – 15:30 Yin, pranayama, restorative yoga and 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 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](http://www.laurelparkcampsite.co.uk) for more information and images.

