

Rebalance Breathwork, cold water exposure and mindfulness.

Reduce stress, aid recovery and find connection & self-exploration with a weekend of cold-water exposure, heat therapy and breathwork. You will learn the benefits of cold-water exposure & breathwork practices in order to help build resilience and mindfulness, as well as giving yourself time to reset with some deeply restorative breathwork sessions. Level the weekend with new tools and better understanding how to find self-rebalance.

Saturday 19th October

12pm

Arrival

12pm - 1.30pm

Light lunch and retreat welcome

2pm - 3.30pm

Cold water exposure & breathwork and spa use

Refreshment break and swimwear change

4.15pm - 5.15pm

Deeply restorative breathwork

Refreshment break

5.45pm- 6.30pm

Talk and Q&A about breathwork

Dining at leisure

Seasonal menu from 2 AA Rosette Mayflower Brasserie

Sunday 20th October

8am - 9am

Breakfast in the Spatisserie

9am - 10am

Performance breathwork

Refreshment break and swimwear change

10.30am - 12pm

Hot and Cold therapy

12pm- 1pm

Optional Gaia Spa use at leisure.

1pm-2.30pm

Lunch and group goodbyes

2.30pm- 6pm

Optional Gaia Spa use at leisure.

Why not book a spa treatment with the GAIA experts? Choose from a range of nourishing facials, body treatments, journeys and holistic rituals. As our guest, you'll receive 10% off.

Please note, timings and locations are subject to change.

Spa treatments must be pre-booked.

Cold water exposure and breathwork

The session combines the power of cold-water exposure with the mindful practice of breathwork, guided by the seasoned Jacko]. Discover a journey of resilience, heightened awareness, and rejuvenation as you explore the synergy of cold and breath and gain knowledge on how best to cope with these low-level stresses and how best to transfer these skills into day-to-day life.

Deeply restorative Breathwork

This session is focused on guiding the participants into a state of deep relaxation and balance in the nervous system. This deep breath-work session will give your body and mind the opportunity to decompress and repair vital functions. Join this session to get a complete switch-off and reset session that will leave you feeling calm and rebalanced.

Breathwork talk and Q&A

Take the opportunity to talk to Jacko about the benefits of breathwork and how it can be helpful in day-to-day life. Listen to his fascinating story from pro-rugby star to master breath-work practitioner.

Performance Breathwork

Join Jacko for this specifically tailored performance breathwork session with an emphasis on the importance and practical manipulation of our breathing to optimise performance on a day-to-day basis. Expect some movement, stretching whilst being led through breathing protocols. Learn techniques to cope in daily life situations, to better understand how our bodies react to stress and how we can use it to our advantage.

Hot and cold therapy

You will be provided with tools to tackle hot and cold exposure and learn tools that can, and will, help you build a stronger mindset, more resilience and help you adapt to the stressors of everyday life in a much more controlled way. Using the hot and cold to improve blood flow, circulation, decrease inflammation, and release all the feel-good hormones you need to leave you feeling happier, stronger and more confident.