

Summer Solstice Sounds Escape Sounds baths, restorative stretching sessions and deeply restorative Yin Yoga

Escape and reset with the power of sounds and deep stretching. The weekend will take various sound sessions to explore how sound can be used to reset the body and mind in a calming restorative way. Yin yoga and deep stretching sessions will help guests find better connection and balance. Leave feeling a better sense of self connection and rebalanced.

Saturday 11th May

12pm

Arrival

12pm - 1.30pm

Light lunch and retreat welcome

2pm - 2.45pm

Slow Flow Hatha Yoga

Refreshment break

3.15pm - 4pm

Reset Sound Bath

4pm- 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.

5.30pm - 6.30pm

Social drinks and conversations

Dining at leisure

Seasonal menu from 2 AA Rosette Mayflower Brasserie

Sunday 12th May

8am - 9am

Breakfast in the Spatisserie

9am - 10am

Energising and awakening sound session

Refreshment break

10.30am - 11.30pm

Yin Yoga and deep stretching sessions

11.30pm- 1pm

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.

1pm-2.30pm

Lunch and group goodbyes

*Please note, timings and locations are subject to change.
Spa treatments must be pre-booked.*

Slow Flow Hatha Yoga (Bianca)

Slow Flow Hatha Yoga will encourage you to explore mindfulness, moving with intention and creating body and mind awareness through a sequence of intentional postures, conscious breathwork, and a gradual flow that invites tranquility, calmness and reset.

Reset Sound bath (Bianca & James)

Join us for a relaxing evening sound bath meditation featuring a Mars gong, Venus gong, crystal singing bowls, chimes, tuning forks and more. Sound healing is an ancient therapy where guests are exposed to deep, droning and soothing sound frequencies made with specially tuned instruments. These frequencies help synchronise the brain cells to cue the body to heal itself.

Energising and awakening sound session (Bianca and James)

Immerse yourself in a rejuvenating journey of sound and vibration with our Energizing and Awakening Sound Session. Led by James and Bianca. Awaken your senses and elevate your energy as you embark on a sonic adventure that revitalizes mind, body, and spirit.

Energising and awakening sound session (Bianca and James)

During these sessions you will intentionally change your breathing pattern and practice breathing in a systematic and conscious way with de-stressing the body through deep stretching and yoga, designed to enhance your overall wellbeing, reduce stress and reset the body.

Yin Yoga and deep stretching sessions (Bianca)

You are encouraged to relax and rejuvenate with our Yin Yoga and Deep Stretching Session. You will be guided by Bianca through a series of Yin Yoga postures and embrace the therapeutic release of tension, allowing your body and mind to find balance and tranquillity.