

The Reset Escape Breathwork, yoga, journaling and womens' sharing circle.

The perfect way to reset - mind, body and soul. Find connection and self-exploration with a weekend of breathwork, Yoga, journaling and fire-side women's sharing circles. Flow yoga practices that aid recovery and build mindfulness, give yourself time to reset with some deeply restorative Yoga Nidra. Short journaling sessions throughout the weekend will start to help you create more mindfulness in your daily routine as well as a women's sharing circle to facilitate connection, healing and self-exploration. Leave feeling a sense of community and connection with others and yourself.

Saturday 29th June

12pm

Arrival

12pm - 1.30pm

Light lunch and retreat welcome

2pm - 3pm

Deeply Restorative slow-flow Yoga and Breathwork reset session

Refreshment break

3.30pm - 4.30pm

Yoga Nidra followed by sharing and some light journaling.

4.30- 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.

6pm - 7pm

Women's sharing circle

Dining at leisure

Seasonal menu from 2 AA Rosette Mayflower Brasserie

Sunday 30th June

8am - 9am

Breakfast in the Spatisserie

9.30am - 10.30am

Energising Yoga Vinyasa

Refreshment break

11am - 12pm

Yoga Nidra (30mins) and sharing circle (30mins)

12pm- 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.

Deeply Restorative slow-flow Yoga and Breathwork reset session (60min)

Join a deeply restorative slow-flow yoga and breath-work session, an opportunity to slow things down and find space. This practice is based around deep stretching and on grounding postures and breath-work used to de-stress the body. It's less about doing and more about being in this space to allow yourself time. Move through a series of gentle yoga postures to relax and release the body and mind.

Yoga Nidra and Journaling (60min)

This class will be mainly floor-based with gravity doing all the work so you can release, let go and go deeper into those closed off areas. You will start the session by setting an intention for yourself and writing down words of affirmation before being guided through a calming yoga Nidra practice. At the end of the session, you will be encouraged to journal down how the session made you feel.

Women's sharing circle

You will be welcomed to the sacred space where women can come together to connect, empower, and inspire. Led by the nurturing guidance of Sophie, our Women's Empowerment Sharing Circle is a haven for authenticity, support, and self-discovery.

Energising Yoga Vinyasa (60min)

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.

Yoga Nidra (30mins) and sharing circle (30mins)

Embark on a tranquil voyage of self-discovery and relaxation with Sophie who will guide you through this Yoga Nidra and sharing circle session. Start the session with a 30-minute Yoga Nidra to find stillness and experience the power of conscious relaxation and finish the session with a short sharing circle to discuss self-connection and connection to how the session made you feel.