

Retreat Information · Summer 2026

# Move. Nourish. *Restore.*

*The LDM Summer Retreat*

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DATES

10-12 July 2026

VENUE

The Alfriston, East  
Sussex

PLACES

Limited  
availability

LED BY

Louisa Drake &  
LDM Team



THE WEEKEND

# A weekend that changes *how you feel*

*Not a fitness weekend. Not a spa break. Something altogether more considered — where movement, nourishment and restoration work together, as they always should.*

Led by Louisa Drake — The Times London's Best PT 2024, Spear's Top Recommended PT 2023–25 — and the LDM senior training team. An intimate weekend built around three signature LDM formats, Signet Spa access, curated seasonal meals and a considered gift bag from LDM's brand partners.

Small group. Expert-led. South Downs.

The setting is deliberate. Alfriston is one of the most beautiful villages in England — surrounded by the South Downs National Park, the Cuckmere River and the Seven Sisters coastline beyond. For those coming from London or other urban environments, arriving here is itself a form of restoration. Nature, pace and space are not a backdrop to this retreat. They are part of the methodology.

## 01 - MOVE

### Three Signatures

Shape Changer®, LDM Sculpt & Restore, and Invisible Reformer® — three signature formats led by Louisa. Sculpt & Restore is a new signature offering combining two of LDM's most loved workouts: Sculpt with restorative movement.

## 02 - NOURISH

### Seasonal & Considered

Meals curated with the team at The Alfriston's 1554 Brasserie. The menu celebrates local produce and classic flavours treated with care — seasonal ingredients, simply and beautifully prepared. Nutritional context woven through each meal by Louisa.

## 03 - RESTORE

### Signet Spa

Complimentary access to the Signet Spa — outdoor heated pool, steam room and sauna. Set within the South Downs landscape, the spa offers calm facilities and a gentle pace that allows you to truly switch off. The Signet Spa uses Bramley products, a British botanical skincare brand from Somerset. All retreat guests receive 15% off spa treatments.



FRIDAY 10TH - SUNDAY 12TH JULY 2026

## *Every detail considered.*

FRIDAY 10TH JULY — ARRIVAL

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- From 4pm **Arrival & Check-In**  
Settle into The Alfriston. Alfriston village is less than 2 minutes' walk — explore the high street, the Cuckmere River and the South Downs Way on your doorstep.
- Evening **Dinner**  
Self-organised. Dine at The Alfriston's 1554 Brasserie or explore the village — The Star and local pubs are a short walk away.
- Signet Spa**  
Hotel guests have access to the pool, sauna and relaxation lounge throughout their stay. A gentle opening to the weekend whenever you are ready.

SATURDAY 11TH JULY — THE MAIN DAY

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- 7am **Wake Up Well**  
Optional — resident guests. A gentle pre-breakfast movement ritual led by Louisa in the Rose Garden. Breathwork and mobilisation to open the day.
- 7.30-9am **Breakfast**  
A nutritious seasonal breakfast in the Sussex Room.
- 10-11am **LDM Shape Changer® · Signature**  
Sculpt training meets dynamic cardio conditioning, plyometrics and dance-inspired movement. High energy, optional impact levels, built-in warmup and cooldown covering mobility and stretch. Cardio with intelligence. 50 mins. Led by Louisa and the LDM team.
- 12.30pm **Lunch**  
Light lunch at the 1554 Brasserie. The menu celebrates local Sussex produce and seasonal ingredients treated with care. Louisa introduces the nutritional story of what is on the plate.
- 2-5pm **Spa & Free Time**  
Complimentary Signet Spa access — outdoor heated pool, steam room, sauna and relaxation lounge. Or take a 2-minute walk into Alfriston village to explore.
- 5-6pm **LDM Sculpt & Restore · Signature**  
Functional strength and Pilates precision, followed by restorative movement drawing on yoga and somatic practice. Full-body, progressive and low-impact — building lean muscle and functional strength, then slowing down to restore. 50 mins. Led by Louisa and the LDM team.
- 7pm **2-Course Dinner**  
A 2-course dinner at the 1554 Brasserie. Classic flavours, local produce, good company. LDM will be serving Rathfinny Sussex Sparkling alongside a selection of English wines and non-alcoholic options — something for everyone. If you are joining us as a day guest and are unable to stay for dinner, we will arrange a food parcel for your journey home after the final session.

7.30-9am

## Breakfast

A nutritious seasonal breakfast in the Sussex Room. Tea, coffee and something to nourish you for the journey home.

9-10am

## Invisible Reformer® · Signature

Louisa leads the final signature session to close the weekend. The Invisible Reformer® recreates the spring resistance, deep core engagement and postural precision of studio reformer Pilates — without the equipment. Using the LDM kit of resistance bands and stability balls, every exercise is deliberate and every prop purposeful. Expect deep stabiliser work, postural precision and the kind of full-body reset that leaves you taller, longer and more connected in your body. 50 mins. Led by Louisa.

10-11am

## Farewell & Checkout

Checkout by 11am. Time for a final spa swim, a slow breakfast or a walk into the village before heading home.



YOUR PLACE

## Choose your *experience*

All retreat places include the full LDM programme, spa access and meals as listed. Accommodation and travel are not included and are booked separately.

SATURDAY ONLY

### The Day Retreat

Saturday 11th July 2026

- LDM Shape Changer® with Louisa
- LDM Sculpt & Restore with Louisa
- Nutritional context at lunch
- Complimentary Signet Spa access
- Light lunch & 2-course dinner (if unable to stay, a food parcel for your journey home)
- 15% off Bramley spa treatments
- Curated LDM gift bag

# £350

PER PERSON

FULL WEEKEND

### The Weekend Retreat

Friday 10th - Sunday 12th July 2026

- All three signature LDM formats with Louisa
- Wake Up Well — pre-breakfast movement ritual both mornings
- Nutritional context woven through all meals
- Full Signet Spa access across the weekend
- Saturday breakfast, light lunch & 2-course dinner
- Sunday breakfast
- 15% off Bramley spa treatments
- Curated LDM gift bag + LDM Retreat Guide

# £420

PER PERSON

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## Bring a Friend

Know someone who'd love this weekend? Mention them when you register and we'll reach out to them personally. Share a room at The Alfriston and split the accommodation between you — from £140pp for two nights shared in a Classic Room.



THE ALFRISTON

## Stay at the venue

Retreat guests receive an exclusive 20% discount code to book directly with the hotel. All room categories accommodate single or double occupancy at the same rate. Rates are dynamic — book early once you receive your code.

ROOM	NOTES	2 NIGHTS (20% OFF)	SHARED ÷ 2
Classic	Cosy and characterful. From £175/night.	From £280	£140pp
Heritage	King-size bed, extra space. From £205/night.	From £328	£164pp
Culture	Rich textures, indulgent. From £245/night.	From £392	£196pp
Sussex	Finest rooms, countryside views. From £265/night.	From £424	£212pp
Family	Master bedroom + bunk space. From £300/night.	From £480	£240pp

NEARBY ALTERNATIVES

If The Alfriston is fully booked, or if you prefer a different setting, all options below are within walking distance or a short drive — and all at a range of price points.

### Wingrove House

3 MIN WALK

Boutique hotel, South Downs views, highly rated.

### The George Inn

5 MIN WALK

14th-century village inn, character rooms.

### Alfriston Cabins

5 MIN WALK

Shepherd's huts, hot tub option, beautifully reviewed.

### Flint Barns, Rathfinny

10 MIN DRIVE

Boutique vineyard B&B, Michelin-recommended dining.

GETTING THERE — NO CAR NEEDED

London Victoria → Polegate: 1hr 15 mins, twice per hour. Polegate to The Alfriston: approx 10 mins by taxi. Alfriston village is less than 2 minutes' walk from the hotel.



# *Ready to join us?*

*Limited spaces. Early booking recommended.*

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REGISTER & BOOK

[louisadrake.com/pages/irl-events](https://louisadrake.com/pages/irl-events)

EMAIL

[studio@louisadrake.com](mailto:studio@louisadrake.com)

DATES

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Saturday 11th July day passes also available

VENUE

The Alfriston · East Sussex · South Downs