

Belper Yoga, Meditation and Hiking retreat

Friday 20th to Sunday 22nd September

Introduction

Join us for a rejuvenating yoga retreat in this 18th Century Chapel in the heart of Belper, designed to bring people together and connect better within ourselves through a blend of optional yoga classes, Cacao ceremonies, invigorating hikes and soothing meditation practices.

Whether you're a seasoned yogi or new to the practice, our retreat offers a welcoming space for all levels. At this female only space, you will not be expected to participate in all the classes and if hiking is not for you, feel free to relax in the cottage or explore the local village!

Nestled in the heart of Belper, our self-catering accommodation provides a perfect sanctuary just steps away from charming pubs and cafes. Rest easy in our shared rooms (reserved exclusively for female guests) and 5 bathrooms to choose from with both showers and bath tubs. There is also a sauna on site.

Priced affordably at £170 per person, your reservation includes access to our Whatsapp group, where you'll receive detailed location information and instructions for our pre-retreat gathering at the pub across the road. Arriving at 5pm Friday and departing by 3pm Sunday ready to carry the tranquility of our retreat into your daily life.




◦ Yoga Bird ◦
Yoga and Fitness

What you will need to bring

- Comfortable clothing
- Warm outdoor clothing for walks, suitable footwear for walking (optional)
- A backpack and water bottle for the hikes (optional)
- Your own food for the weekend (A fully equipped kitchen is provided)
- Bedding is provided but you are welcome to bring your own if you prefer
- A yoga mat if you have one (optional)
- Parking- there is no on-site parking at this location. We will meet across the road at the pubs car park on Friday at 5pm to unload our belongings and take them into the cottage. From there, guests will be expected to move their cars and find a suitable parking spot in the surrounding streets. A local car park is also located further up the road.

Please note: Although bringing your own alcohol is permitted, we kindly ask guests to be mindful of their alcohol consumption during the retreat, as our primary goal is for everyone to depart feeling refreshed and energized, without disrupting the tranquil atmosphere for others. Guests will be expected to quietly retreat to their shared rooms by 11pm as to not disturb other guests.

Activity Schedule

Friday 5pm- Meet and greet

6pm- greet and eat

7-8pm Introduction to yoga

8pm Mindfulness Meditation

Saturday- 9am Rise and Shine, Yoga time!

11am-3pm Wild yoga hike (optional)

6pm YOGA flow

8pm Cacao, candle gazing and meditation

Sunday- 9am Sunday salutations (gentle yoga)

11am-1pm Stretch your legs! (A local walk)

Depart by 3pm

Terms and conditions

- *Cancellations. If you cancel your booking for any reason Refunds cannot be given once payment is made, however, you can give your place/sell your reservation to a friend or family member who would like to take your place.*
- *Payments need to be made by bank transfer or in cash by the end of June to secure your booking. If you are booking a private room, payments need to be made as soon as possible to secure your room as these rooms are in high demand.*
- *Disclosure. You must disclose any health issues or concerns before you arrive to the retreat. A disclosure form will be presented for you to sign on arrival.*
- *Damages to the property- You (the guest) are expected to act responsibly and leave the accommodation in the condition that you found it in. Costs will be applied to any individuals who have caused damage to the property, whether intentional or accidental.*
- *Full refunds will only be given in the case that the retreat is cancelled by myself or property owner.*
- *Lets keep the vibe positive and peaceful! Were all here to unwind and recharge, so lets respect others' need for relaxation. If anyone needs a gentle reminder, we will kindly ask them to step back into the chill zone!*

Payments: £170pp

Please send your deposit for shared rooms £50 to secure your place. Full payment due by the end of JUNE 2024.

For reserved rooms, full payment due as soon as possible to secure your room. Some rooms have en-suite bathrooms.