

JUST.BREATHE.YOGA PRESENTS

Retreat

RESTORE &
UNWIND

16 - 20 JUNE 2025

ALWARD HOUSE, SALISBURY

WHAT'S INCLUDED:

- 4 nights in a beautiful countryside setting with a private pool, hot tub and tennis court
- 1 hour facial or massage
- Yin & Sound session
- Daily yoga
- Private dining at Hixon
- Private tour of Old Sarum
- Delicious food from a private chef

Book

Here

Stretch, Nurture, Restore



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VENUE:

Alward House is situated in a tranquil valley just south-east of Salisbury. It has 11 sumptuous bedrooms, comfortable lounges to get lost in a good book, and its own heated outdoor private pool, hot tub and tennis court.

The perfect location to switch off, relax and (hopefully) soak up some sunshine.



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ACTIVITIES:

During the retreat there will be a range of activities that you can choose to take part in. The main aim of the retreat is to give you some time to restore and unwind so you are welcome to take part in as many or as little activities as you like:



1 hour massage or facial (the therapist will come to Alward House)

Private tour of Old Sarum

Chocolate making with Clare

Yin & Sound Healing session

DIY face or body scrub session

Time for journaling, mindful art and other creative activities.



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YOGA:

There will be daily yoga sessions during the retreat. These sessions will be open to all ability levels (even first time yogi's) and are designed to allow you space to breathe, stretch, nurture and create space in your body. As with the activities, all yoga sessions are optional.

There will be a Hatha yoga (referenced above) session most mornings with an optional meditation session before hand. There will also be restorative Yin Yoga sessions most evenings. In Yin yoga, gentle stretches are held for longer so your body has time to soften, release and find some deep rest.

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SOUL FOOD:

Breakfasts will be a 'help yourself' affair with a range of pastries, fruit, granola, yoghurt and toast.

Lunch will be a delicious rainbow salad with rocket, roasted veg, toasted seeds, avocado and a choice of protein (feta, salmon or chicken).

Dinner will be hosted by a private chef who will be cooking up a 2-course storm for us, catering for any dietary requirements (please let Clare know about any dietary requirements in advance).

On Wednesday we will dine out for lunch at Hixon in the centre of Salisbury in their private dining room.



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PRICING:

There are a variety of room and instalment options to try and make this retreat as accessible as possible. Please take a look below and see which options suits you best:

Single occupancy room, EARLY BIRD, pay in full (£1199pp)

Single occupancy room, EARLY BIRD, 2 x instalments (2 x £599.50pp taken every 4 weeks)

Double or Twin occupancy room, EARLY BIRD, pay in full (£899pp)

Double or Twin occupancy room, EARLY BIRD, 2 x instalments (2 x £449.50pp taken every 4 weeks)

EARLY BIRD prices until 16th March 2025. All rooms have shared bathrooms.

* Cancellation policy - 25% of your total retreat cost is non-refundable. After 16th March 2025 any other payments made will also be non-refundable unless we can find someone to take your place on the retreat. I would advise taking out travel insurance in case any last minute cancellations have to take place.

