

STEDE COURT PRIVATE FITNESS RETREAT & WEALD•POWER•YOGA



LATE SUMMER MINDFULNESS DAY RETREAT

Saturday 5th September 2020

Thank you for your interest in this event. We want to make this a really enjoyable and beneficial experience for all day retreaters, so please read the below carefully and for any questions big or small contact Kathryn: **01580 291201** or kf@absolutefitness.co.uk

The capacity of this intimate retreat is limited to 8 places so please book soon as this exclusive event will sell out quickly!

We will be observing social distancing and the latest protocols for indoor and outdoor exercise. Please bring your own yoga/pilates mat if you can.

After an unprecedented year, that none of us will forget we wanted to host a calming and clarifying retreat day, to bring you back to centre. Working with the theme of mindfulness, you are invited to recharge your batteries, priorities your wellness and frame your health goals as summer prepares to turn to Autumn.

Expect outdoor fitness in the beautiful woodland gym, a posture walk, calming meditation, relaxing yoga, delicious food and an a discussion forum about applying mindfulness in our daily lives. Before attending the event you will be asked to fill in a lifestyle & health questionnaire so that we can best tailor the sessions to your individual needs.

Kathryn has over 20 years' experience training private clients including royalty and celebrities in London. A couple of Kathryn's credits are: Mail on Sunday 'World's Most Sought after Trainer' and The Times 'A-List Personal Trainer'.

She is passionate about a long-term approach to wellbeing and fitness and loves incorporating outdoor training for the ultimate feel good factor! Recently moved to Kent she launched the hugely popular Stede Court Private Fitness Retreat in the beautiful Kent countryside in 2018 and has already received rave reviews from Evening Standard, Conde Nast Traveller, Woman & Home and Muddy Stilettos.

Visit www.stedecourtprivatefitnessretreat.co.uk to get excited!

Ruth discovered yoga 7 years ago when her job as global music executive sent her in search of a mindful and calming practice amidst all the travel and chaos. She fell in love with the healing and transformational power of yoga and after completing her teacher training in London, moved to the countryside with the goal of creating a welcoming and supportive yoga community accessible to all. She now teaches weekly public classes, has a busy roster of private clients and holds weekend yoga retreats in the countryside.

www.wealdpoweryoga.com

Day retreat timetable

10.30 Welcome and introduction to mindfulness

11.00 Posture walk and circuits in the bespoke exercise trail

- 12.00 Mindfulness meditation
- 12.30 Nutritious and delicious lunch
- 13.30 Mindfulness in your nutrition, exercise & life forum
- 14.30 Yoga
- 16.00 Afternoon tea and thoughts on the day
- 16.30 Guests leave

How to book

The retreat is priced at £125 per person including all wellness sessions, food and drink.

For a truly relaxing weekend stay at beautiful Stede Court for £150 per double room.

To secure your place please email Kathryn kf@absolutefitness.co.uk and she will send you a BACS transfer request for easy online payment. Once your payment has been received we will send out health & lifestyle questionnaires and more info about the day.

