

Relax & Refresh Yoga Retreat Timetable (sample)

Friday:

3pm	Arrivals & Welcome Tour
5pm	Gentle Flow Yoga
7pm	Evening meal
8pm	Healing Sound Bath

Saturday:

7.30am	Gentle Flow Yoga
9am	Breakfast
	Free time / Treatments / Guided Walk
4pm	Coastal Foraging Walk
5pm	Beach Yoga
7pm	Beach BBQ
8pm	Sunset Yoga Nidra & Sea Swim

*Treatments also available on arrival / departure days on request

Sunday:

6am	Sunrise Flow Yoga
7.30am	Breakfast
	Free time / Treatments / Guided Walk
1pm	Sail on the Lynher
7pm	Evening meal
9pm	Restorative Yoga

Monday:

7.30am	Gentle Flow Yoga
9am	Breakfast
10am	Check-out of Geodomes
11am	SUP / Kayak
1pm	Farewells

Timetable may be subject to small changes due to weather & tide times



Ayurvedic Massage

Ayurvedic massage therapy is deeply relaxing and restorative for body, mind and soul, opening channels for self-healing.

Large quantities of warm therapeutic oils are used for a deep tissue massage, easing tension and knots and following the flow of energy channels and nerve pathways.

Marma madana massage stimulates the vital points (similar to accupressure) to revitalise the entire body, relieving accumulated tension and promoting inner peace and calm.

Reiki flows through Sarah's palms throughout for healing of body-mind-soul and a Chakra massage along the spine releases emotional blockages, promoting physical healing.

Pinda sweda (hot herbal poultice massage) draws out inflammation and body toxins; improves circulation and joint suppleness; relieves stiffness, swellings and tired muscles.

TREATMENT PRICE LIST

Back Massage (60 mins)

£45

Includes: back, neck & shoulders; arms & hands

Upper Body De-Stress Massage (90 mins)

£65

Includes: back, neck & shoulders; arms & hands; head & facial.

Warm therapeutic oils are used on the head (optional) and a cream on the face.

Back & Legs Massage (90 mins)

£65

Includes: back, neck & shoulders; arms & hands; backs of the legs & feet

Full Body Massage (2 hours)

£85

Includes: back, neck & shoulders; arms & hands; legs & feet; stomach; head & facial.

Note: the stomach massage section is optional.

Indian Head Massage & Facial (45 mins)

£40

Relaxing marma point massage on the head using warm therapeutic oils. Cream is used on the face.

Reiki Healing (45 mins)

£40

Holistic healing working with the chakra system. Available as a hands-on or hands-above treatment

Metatron Energy Healing (60 mins)

£45

Powerful healing using guided meditation and breathing techniques, hands-on healing, colour, sound and aura sprays to balance the energy and flow of the elements & chakras.

Ayurvedic Health Consultation

£80

Includes: 90min consultation to discuss your disorder and symptoms; a personalised health plan with diet & lifestyle recommendations, home remedies and a meditation recording (emailed to you within 24hrs).

Ayurveda Pamper Package

£165

Includes: Ayurvedic Health Consultation (online), 1-month supply of Ayurvedic supplements (worth £45) and a 2-hr massage treatment tailored to your needs.

Ayurvedic Supplements & Products

A range of Ayurvedic herbal supplements and self-care products will be available for purchase on the retreat.

