

UK WEEKEND YOGA REREAT September 9 – 11 2022

Escape to the tranquil gardens and spectacular grounds of this beautiful 17 century manor house – only one hour from London. This retreat is perfect for anyone wishing to step away from busy life and give themselves time to relax and restore in peaceful surroundings whilst being looked after by our expert Laboratory Urban Calm team.



Come and enjoy

1. 2 nights accommodation in a rural Bedfordshire setting
2. Delicious, nutritious and healthy meals, created lovingly by our Leith's trained retreat chef
3. Explore the landscape gardens with ancient trees and green spaces
4. Swim in an inviting outdoor heated pool
5. Relax with a book in the cosy library
6. Participate in daily yoga, mindful movement and meditation classes
7. Enjoy an evening Gong Bath with guided relaxation
8. Choose from an array of holistic treatments including – massage & chiropractic treatments.

THE VENUE



Tofte Manor is a stunning and privately owned house, set in 50 acres of beautiful gardens. It is the perfect place for a retreat offering many activities including an outdoor swimming pool, tennis court, fire pit and a magical grass labyrinth for quiet reflection.

YOGA

We have an incredible team of experienced yoga teachers with us on the retreat .

Matt Gluck offers his deeply restorative yin yoga. Matt has been practicing yoga , tai chi and healing arts since 1972. Classes with Matt embody a deep sense of connection and peace.

Classes led by Lucie are vinyasa flow and traditional Hatha yoga. Lucie has trained in India at the Anand Prakash Ashram before continuing her training in London at Tri Yoga, Breeze and Golden Door Studios . Lucie taught at the Laboratory when it first opened and since then has taught on many retreats, schools and studios. Her classes include Breathwork and mindfulness

On Saturday evening , Lucie and Siri Atma will offer a yoga masterclass with kundalini yoga and guided relaxation followed by a gong bath.

Siri Atma is a kundalini and gong master . He has studied many different styles of yoga and meditation as well as teaching gong and gakra, a martial art, Siri lives and teaches from a yoga philosophy that inspires all who take his classes

HOLISTIC AND CHIROPRACTIC TREATMENTS

Additional Holistic treatments and chiropractic treatments are available on-site during the retreat – choose from an array of holistic treatments including Swedish massage, chiropractic treatment and Deep Tissue massage.

Julian Ormerod, has over 30 years of experience treating patients. His approach combines chiropractic and clinical sports massage.

Julian holds a bachelor of science in health science and complimentary therapies. He has received a Masters diploma in sports massage and deep tissue release massage.

Julian Ormerod is registered with the British Chiropractic Council and is associated with the McTimoney Chiropractic Association.

CATERING



Catering will be provided by Salima Dhalia , " the food witch " Sal is a Leith's trained chef , specialising in private and retreat catering . In 2011 , Sal won the Leith's student of the year award and is now a proud member of their alumni During the retreat, Sal will provide vegetarian meals to nourish both body and soul focusing on flavour first and using fresh , locally sourced ingredients as much as possible.

Please let us know of any food allergies when booking.

RETREAT COST

Manor House Single Room	Shared bathroom	£625.00 pp
Manor House Twin/Double Room	Shared Bathroom	£525.00 pp
Stable Yard Single Room	Shared bathroom	£675.00 pp
Stable Yard Twin Room	En-suite bathroom	£575.00 pp
Stable Yard Twin Room	Shared Bathroom	£475.00 pp
Mezzanine Twin Room	En-suite Bathroom	£425.00 pp

Included in the above:

- 2 nights accommodation
- All meals from Friday dinner until Sunday lunch
- Unlimited spring water, tea and coffee
- 4 yoga classes
- 2 meditation/sound session

Not Included:

- Travel Costs
- Massage and holistic treatments

HOW TO BOOK

To book or for more information please call Lucie on 07895615989 or email on urbanacalm@labspa.co.uk

BOOKING TERMS AND PAYMENTS

A non-refundable deposit of £200.00 is required to confirm your space, or you can choose to pay the full amount if you wish. **The balance is due 8 weeks before the retreat on the 9th June 2022.** If booking after this date, full payment is required.

If your balance payment is not received within our 8 week timeline, your place will be cancelled and your 25% deposit will not be refunded.

CANCELLATION POLICY

CANCELLATION BY YOU: Your deposit is non-refundable in all circumstances, and we will apply cancellation charges up to the maximum shown below: -

Days Before Departure Cancellation Charge:

- 60 days or more: 25% of your retreat cost
- 30-60 days: 50% of your retreat cost
- Less than 30 days: 100% of your retreat cost

CANCELLATION BY US: If we, for any reason cancel the retreat you will be refunded in full. Regarding covid-19, we will follow any government advice at the time.

TRAVEL INSURANCE

You are responsible for arranging full insurance which should cover you for the activities you plan to undertake and have adequate cover for travel delay, trip cancellation and curtailment, medical expenses on your personal belongings. Your policy should include cover for any medical claim due to coronavirus and cancellation due to falling ill with coronavirus or being unable to travel or being required to self-isolate.

GETTING TO TOFTE MANOR – TRANSPORT ADVISORIES

**Tofte Manor,
Souldrop Road,
Sharbrook,
Bedfordshire,
MK44 1HH**

Arrival is 4.00-5.00 pm to give you time to settle in before Yoga practice at 6.30pm.

1. **By Car:** Around one hour north of London - close to the M1
 - Secure parking
2. **By Train:** Nearest train station is Bedford which takes about 35 mins on the fast train from St Pancras, London (slower trains take one hour). There are about 6 trains an hour.
 - Tofte Manor is a 20-30 minute taxi ride from the station and costs around £15.
3. **Local Taxi numbers – Pre-booking is recommended**

A1 Cars: 01234 364444 / 800800

A to B:01234 212222

Atlas: 01234 445153

24-7: 01234 511247

MAP

