

LPY WILD GATHERING RETREAT



FRIDAY 6TH MAY -
MONDAY 9TH MAY 2022

Richmond
Yorkshire Dales

LUXURY ACCOMODATION

A beautifully renovated
Georgian farmhouse situated in
the idyllic Yorkshire Dales.



RURAL LOCATION

Time to retreat and get away
from it all.





ABOUT THE RETREAT

Life is all about balance....Spend some time finding your balance on this rural retreat. Take some time for yourself and enjoy 3 days of luxury accommodation, yoga, meditation, nutritious food, guided hikes, wild swimming & massages. Give yourself the time to reconnect with yourself, nature and the great outdoors. This retreat is about switching off & chilling out but also having fun!

WHAT'S INCLUDED

- 3 Nights Luxury Accommodation
- 2 x Daily Morning & Evening Yoga including Funky Glow Flow, Yin Yoga & Yoga Nidra
- 3 x Breakfast, Lunch & Dinner (Full Vegan & Vegetarian options available)
- 5/6 mile guided hike
- Wild Swimming (private river & waterfall)
- Hot tub & sauna
- Snacks, tea, coffee, herbal tea, (various milk options) soft drinks
- Massages with Vicky Griffiths - Additional Cost





LOCATION

The house is located 5 miles from the market town of Richmond in picturesque Swaledale, surrounded by the spectacular glacial Telfit bowl. It's approximately 2.5 hours from Manchester & Cheshire.

THE HOUSE

A beautifully renovated country retreat finished to the highest of standards. With the essence of a traditional farmhouse yet fully equipped with all modern amenities. The dedicated yoga barn with wood burning stove, oak flooring and original beams overlooking the rolling hills is the perfect space for yoga.

The vast outdoor space consists of a croquet lawn, a perfect spot for some outdoor yoga, overlooking the expansive fields and hills.





BEDROOMS

All of the bedrooms are beautifully decorated with a clean and fresh farmhouse feel. Most rooms are en-suite with the option of a couple of rooms sharing a bathroom. Single occupancy option available.

YOGA

Each morning will start with a slow yet energising hatha yoga flow class that will help kick start the day.

The evening session on the Saturday night will be Funky Glow Flow where we can get some disco tunes on and create a party atmosphere. The Sunday evening session will be a beautiful chilled Yin Yoga class including a guided meditation or yoga nidra.

All yoga sessions will be in the yoga barn or outside if weather permits.



A top-down view of two round, light-colored ceramic plates resting on a rustic wooden table. Each plate features a piece of dark, charred fish or meat, a slice of yellow potato, a slice of red bell pepper, a slice of cucumber, and some green leafy vegetables. The plates are positioned side-by-side, with a small gap between them.

FOOD

Suzanne from The Complete Retreat will be catering on the retreat. Suzanne loves to eat food, cook food and talk about food. She's been catering on retreats for over ten years, always aligning the nourishment to compliment the offering or daily activities on the retreats. Suzanne specialises in healthy, distinctly seasonal menus and creates mouth-watering dishes for all, including vegetarian, vegan, dairy or gluten free. Where possible local, fresh and season produce is sourced.

Suzanne set up The Complete Retreat to offer delicious food on wellbeing events and weekends, and has collaborated with Lucie on many yoga brunch and supper clubs in Manchester in the past few years. She's super excited to be supporting Lucie on her first yoga retreat in Yorkshire.





MASSAGE THERAPY

Vicky will be on hand to provide a variety of massage therapies. She believes in natural health and being empowered by taking responsibility for our own body, health and well-being.

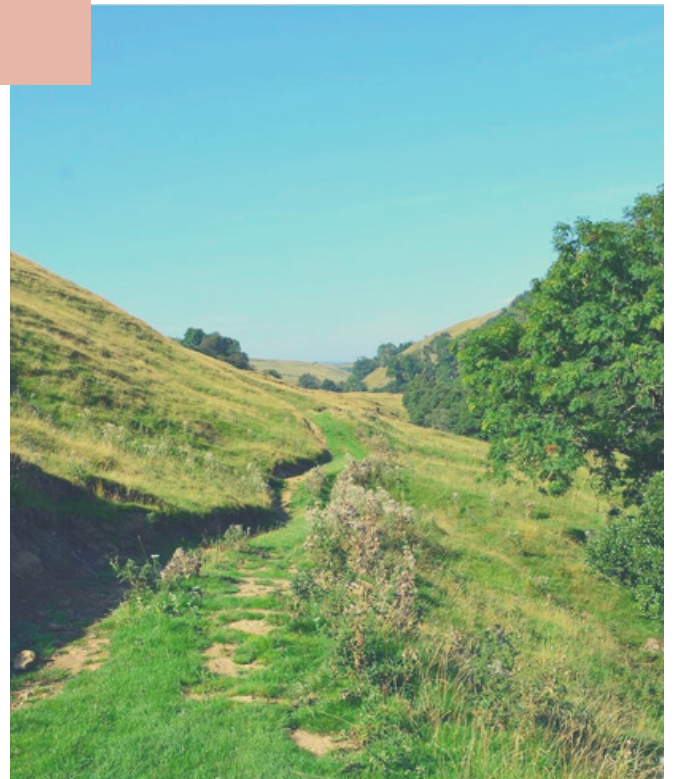
Treatments available include:

- Remedial / sports massage
- Hot stones massage
- Indian head massage
- Traditional Thai foot massage
- Manual lymphatic drainage massage
- Natural lift facial massage

GUIDED HIKE

A guided 5/6 mile hike straight from the farmhouse door around the stunning Yorkshire Dales landscape led by a qualified guide from Muddy Boots Walking Holidays.

A nutritious packed lunch will be provided by Suzanne to enjoy en route.





WILD SWIMMING

Wild swimming in the privately owned part of the river including a waterfall, a short stroll from the house.

A perfect way to relax & rejuvenate whilst getting in touch with nature, before warming up in the sauna or hot tub!

SAMPLE DAILY SCHEDULE

- 8 am Morning Yoga
- 9:15 am Breakfast
- 11 am Guided Hike (Packed lunch)
- 3 pm - 6 pm Free time
(massage/wild swimming/hot tub)
- 6 pm - 7:30 pm Yoga/Yoga Nidra
- 7:45 pm Dinner





PAYMENT DETAILS

The cost of the retreat starts at £595 per person based on 2 sharing. The rooms vary in price.

Single occupancy is available and will incur an additional cost - please enquire for more details.

Full payment will be required on booking. Payment plan options are available please enquire for more details .

Please organise your own travel insurance when booking the retreat.

QUESTIONS GET IN TOUCH

For any further details or booking queries please get in touch via email lucieplattyoga@gmail.com

