THE POWER OF REST

WINTER RETREAT

10TH - 12TH FEBRUARY, 2023
ABERGAVENNY, WALES

WHAT WE DO

We create meaningful and memorable experiences that place physical, emotional and mental nourishment in the centre of our health and wellbeing.

Our programmes follow and celebrate the cyclical nature of the seasons. In nature, winter provides a time for rest, reflection and recuperation.

We will be exploring how we can harness the power of these aspects by developing our mind-body connections in harmony with nature at this time of year.

NAOMI WATSON

Yoga Teacher

HOLLY WINNER

Massage Therapist

LAURA WILSON

Music Therapist

ALI HUNTLEY

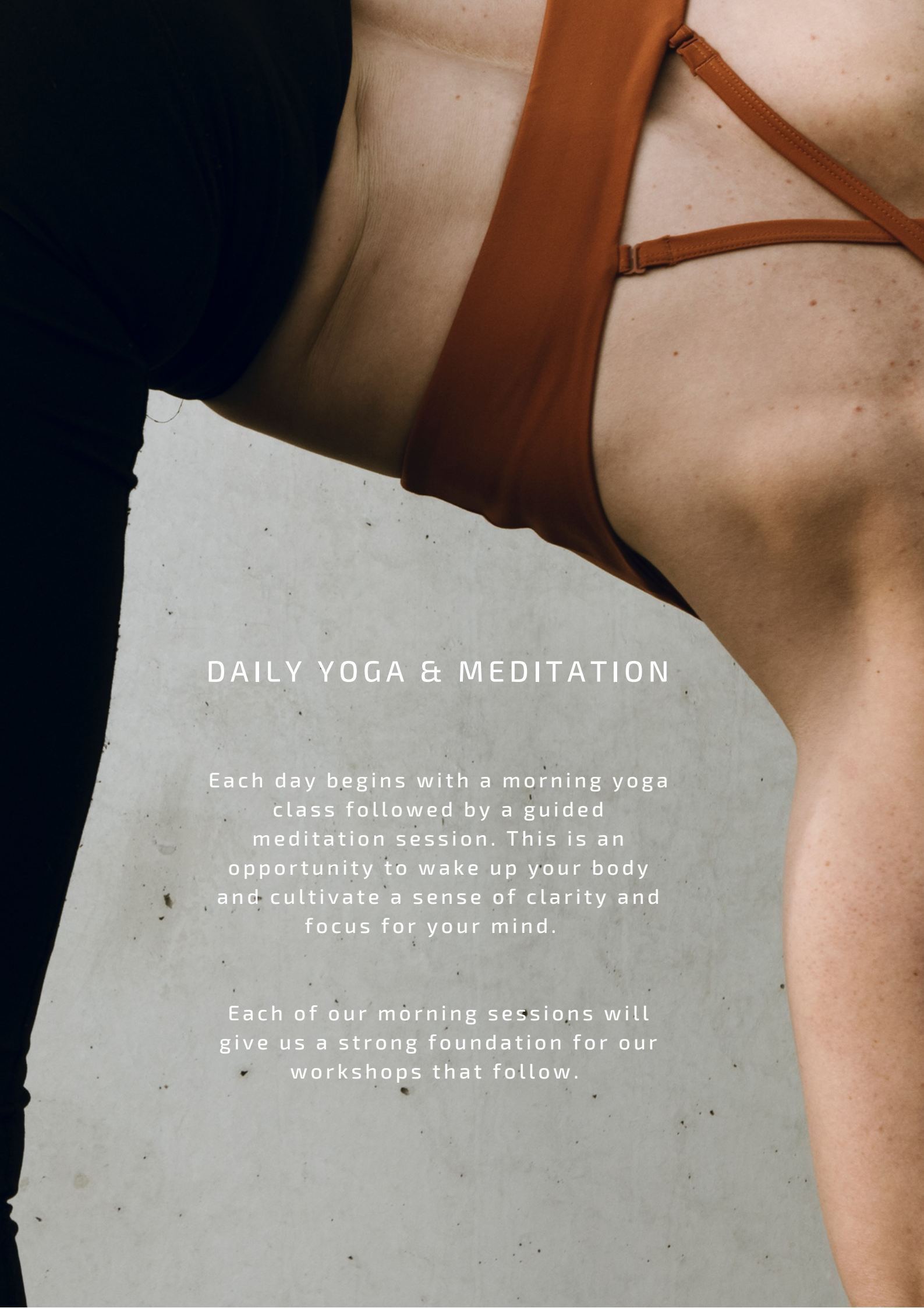
Host

WINTER PROGRAMME
The Power of Rest

The retreat contains a range of wellbeing workshops, yoga, meditation and restorative treatments all designed to nourish you through the colder winter months.

Every retreater will receive an included treatment with our resident massage therapist.

We invite you to explore your own relationship to wellbeing through the Power of Rest as we learn to embody and embrace retreating together.



DAILY YOGA & MEDITATION

Each day begins with a morning yoga class followed by a guided meditation session. This is an opportunity to wake up your body and cultivate a sense of clarity and focus for your mind.

Each of our morning sessions will give us a strong foundation for our workshops that follow.

VARA BOOKCLUB

Optional Read: Wintering by Katherine May

You will receive a copy of Katherine May's Wintering after booking on.

At the retreat we will reflect on our experiences of winter and explore how we can make the most of this time. Themes from Wintering will be used for guided journaling and discussion.

You do not need to be familiar with Katherine May's work to enjoy this workshop but you may find it a beautiful book and valuable resource to have along with you.

CREATIVE JOURNALING WITH SOUND

This is a chance to turn our attention inward and experience ways in which sound can support a deep form of introspection and reflection.

Join Laura Wilson who will draw upon sound and nidra (yogic relaxation) to lead you through a personal experience that fosters your own intuition, curiosity and creativity.

YIN YOGA WORKSHOP

The Power of Rest

Learn how yoga can support true rest for the body and mind, so that we lower anxiety levels and bring our energy into balance.

We will break down key stretches, meditative techniques and breathwork patterns that support remedial actions such as tissue oxygenation and blood flow stimulation as we work on re-calibrating our nervous systems.

Expect deep rest and relaxation as you practise letting go.

CRAFTS FOR SELF-CARE

Courie Candle-Making

This is an opportunity to learn to hand-dip and wax pour as we make our own candles with soy and beeswax. We will have a range of the fragrances to smell test and get creative with.

Body Balms at Home

Cosmetic products are often full of artificial ingredients and harsh chemicals that seep through our skin and influence the way our bodies function. We will spend some time learning how to use inexpensive and accessible natural products to create our own soothing body balms.

OUR KITCHEN

Food is an integral part of each retreat programme and our menu will be thoughtfully created by what's available in season so that we benefit from nutrient rich produce.
Wherever possible we forage and find local produce to use that is organic and sustainably farmed and sourced.*

*Our menu is vegetarian but we can cater for all dietary needs and desires. Get in touch with us to learn more about our food philosophy and ethos.

WHAT'S INCLUDED

ACCOMMODATION

YOGA & MEDITATION

Daily 90 minute Yoga & Meditation sessions

WILDNERNESS WALK

Guided Wild Walk in the Black Mountains

ALL WORKSHOPS

Vara Bookclub
Creative Journaling with Sound
Yin Yoga Workshop : The Power of Rest
Crafts for Self-Care

WINTERING

Your copy of Wintering by Katherine May

MASSAGE TREATMENT

Choose from reflexology, deep tissue, myofascial
release or remedial massage.

FOOD AND NOURISHMENT

All meals, drinks and snacks are included throughout your stay.

EXTRAS

Additional massage treatments

THE SPACE

Forest Barn is located in the Welsh Black Mountains just outside of Abergavenny and is a lovingly renovated barn, perfect for total relaxation and reflection.

We have generous facilities including plenty of bathrooms, a hot tub, a steam room, a treehouse treatment room and 2 open fire places across the barns.

ACCOMODATION

The majority of our accommodation is shared and the options are listed below:

PRIVATE ROOM (DOUBLE BED)
£875
SINGLE BED IN TWIN SHARE
£750
SINGLE BED IN TRIPLE ROOM
£650

GIFT YOURSELF THIS

WINTER RETREAT

CLICK HERE TO GET IN TOUCH!

OR EMAIL NAOMI@VARA.UK