

YOGA RETREATS AT HENLEY HALL





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Namaste!

Thank you for your interest in our residential Yoga Retreat at Henley Hall. This retreat gives you a structured programme to focus on de-stressing and renewal with the perfect opportunity to do just that in a relaxed, luxury environment. Start cultivating a supple body and clarity of mind that will keep you feeling healthy and vital. Come and experience....

- ❖ A physical practice – moving into asanas working within a theme or into a flowing sequence known as Vinyasa Flow.
- ❖ A breathing (pranayama) or meditation practice sitting, moving or lying down.
- ❖ Relaxation to begin or end the session enabling you to leave the session feeling calm and refreshed.
- ❖ Sessions are structured in a balanced way and clear instructions will be given throughout and alternatives will be offered to deliver a practice that will suit everybody and have plenty of benefits regardless of experience.
- ❖ Nourishing homemade food for vital energy and health.
- ❖ Luxury accommodation that you can relax into.
- ❖ Time away from the business of life.





YOGA RETREATS AT HENLEY HALL

Jules Burdett

Jules is a fully qualified British Wheel of Yoga (BWY) teacher with over 15 years' experience teaching group classes, one to ones, workshops and retreats. She has created a retreat which balances energising yoga practice with relaxation and meditation to connect the mind body and soul.

My style of Yoga is an intuitive, creative fusion of Hatha yoga with emphasis on alignment, connective flow and the breath (prana) along with all the interesting little techniques and nuances I have learned over the years. I have studied and practised everything from functional sports yoga to spiritual Scaravelli with Vinyasa Flow in between.

I encourage laughter and fun in my classes and believe the postures should accommodate the body not the other way around. The practice is the groundwork for you to establish a healthier relationship with your body, improve the capacity of the breath and strengthen and support your muscles and joints as well as being supple enough to be able to deal with life's 'stuff'.





YOGA RETREATS AT HENLEY HALL

What is the retreat schedule?

This is the 'timetable for your Weekend Refresh Retreat.

Weekend Refresh Yoga Retreat

Friday

14.00 – 16.00 - Arrival, check in and explore the grounds

16.30 – 17.00 - Tea and cake and opportunity for everyone to meet and start to get to know one another.

17.30 -19.00 - Yoga session to unwind and relax into the retreat.

19.30 - Group dinner followed by gentle breathing and meditation practice prior to bed.

Saturday

07.00 – 08.00 - Light snack of fruit and juice

08.30 – 10.00 - Energising Yoga class

10.00 – 11.00 - Hearty breakfast

11.30 – 13.00 - Guided walk through the Shropshire countryside

13.00 – 14.00 - Lunch of wholesome soups and salads

14.00 – 16.00 - Free time to relax and personal meditation or explore the grounds of Henley Hall or Ludlow

16.00 – 16.30 - Tea and cake

16.30 – 18.00 - Relaxing yoga session

19.00 - Group dinner followed by gentle breathing and meditation practice prior to bed.

Sunday

08.00 - Light snack of fruit and juice

08.30 – 10.00 - Energising Yoga class

10.00 – 11.00 - Hearty breakfast

11.00 – 13.00 - Free time to relax and personal meditation or explore the grounds of Henley Hall

13.00 – 14.00 - Lunch of wholesome soups and salads

14.00 - Depart



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We offer a similar programme for the Mid-Week Retreat, which maybe Monday to Wednesday on some dates or Wednesday to Friday

Midweek Yoga Retreat

Monday

10.00 – 12.00 - Arrival, check in and explore the grounds

13.00 – 14.00 - Group lunch for everyone to meet and start to get to know one another.

15.00 -16.30 - Yoga session to unwind and relax into the retreat.

19.00 - Group dinner followed by gentle breathing and meditation practice prior to bed.

Tuesday

07.00 – 08.00 - Light snack of fruit and juice

08.30 – 10.00 - Energising Yoga class

10.00 – 11.00 - Hearty breakfast

11.30 – 13.00 - Guided walk through the Shropshire countryside

13.00 – 14.00 - Lunch of wholesome soups and salads

14.00 – 16.00 – Free time to relax and personal meditation or explore the grounds of Henley Hall or Ludlow

16.00 – 16.30 – Tea and cake

16.30 – 18.00 – Relaxing yoga session

Wednesday

08.00 - Light snack of fruit and juice

08.30 – 10.00 - Energising Yoga class

10.00 – 11.00 - Hearty breakfast

11.00 – 13.00 – Free time to relax and personal meditation or explore the grounds of Henley Hall

13.00 – 14.00 - Lunch of wholesome soups and salads

14.00 - Depart



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What should I bring?

Wear layers of comfortable clothes you can move around in as your body temperature changes. We will practice both indoors and outside, weather permitting!

Please bring your own Yoga sticky mat if you have one and any supports you need. A blanket is always handy to act as a support and keep you warm. If you don't have a mat we can provide one.



Health Concerns?

Whilst Yoga is great for your overall well-being and can help many health issues, it is important to let Jules know what those issues are so she can advise you on any adjustments you can make to the practice to support them. This information will be treated with full confidentiality and will enhance your enjoyment of the class. We will ask you to complete a health questionnaire prior to your arrival at the retreat.



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Henley Hall

Henley Hall is a Grade II listed Country House, set in the tranquil countryside of South Shropshire yet just 2 miles outside historic Ludlow. It is easily accessible yet 'far enough away' to enable you to focus on you, away from the day-to-day distraction of everyday life!



Henley Hall offers a range of exceptionally well-appointed accommodation options in the recently converted Stables, The Orangery, The Gardener's Cottage or indeed in the Hall itself. You can opt for your own bedroom and bathroom. The Hall dates from 1650 and so please note the bathrooms are adjacent to the bedrooms but not en-suite. If you are planning to come with a partner or friend, the bedrooms can be shared. Living room space and kitchens are available in the properties. Please take a look at the accommodation options on our website, www.henleyhallludlow.com/holidayproperties.



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Food and nutrition

Our residential chef will prepare all the meals using local, fresh, in season produce. This includes breakfast, lunch and an evening meal. Fresh fruit, herbal teas and cake are also available throughout the day.

The food is wholesome, healthy and nutritious. The Retreat focuses on Health and Wellbeing and so this is not a detox or vegan retreat but we will do our best to ensure you depart Henley Hall feeling healthier, relaxed and refreshed, ready to return to face the world.

We do our best to cater for all dietary preferences and ask you to notify us at time of booking if you have any special dietary requirements.

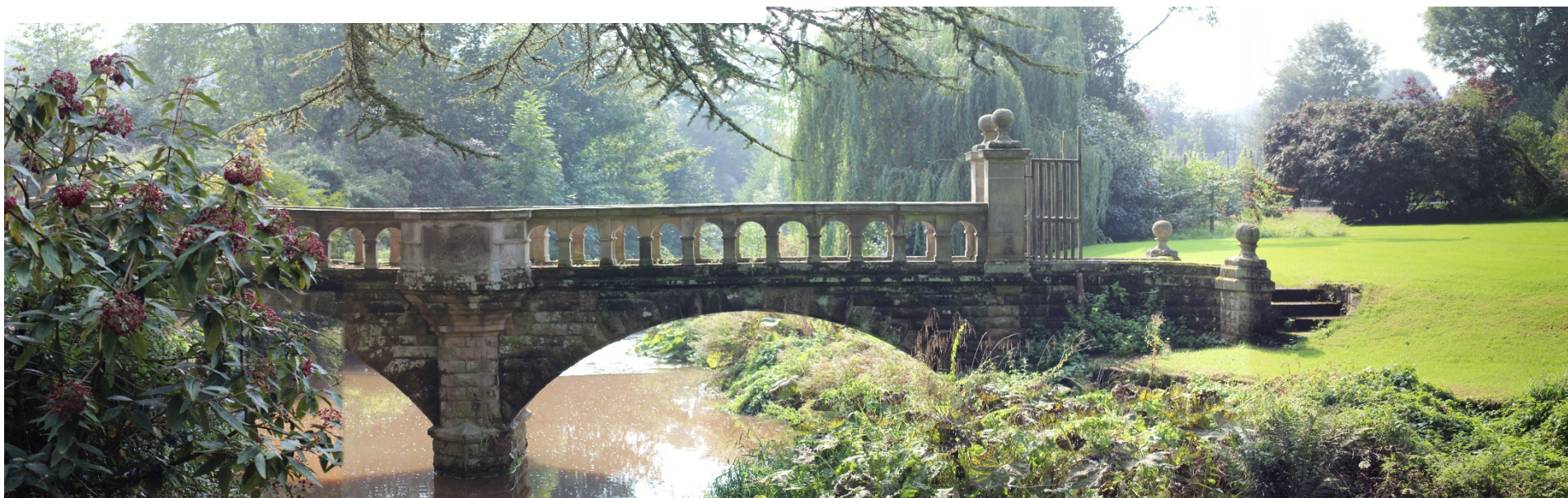




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Relaxation time

One of the most overlooked essentials of a Retreat is the time to relax, unwind and reflect. Henley Hall is set in 12 acres of beautiful countryside. Time is built into the programme for you to have the opportunity to find a quiet spot on the banks of the river Ledwyche that flows through the grounds to enjoy the relaxing sounds of the flowing water or relax with a good book. There is time to socialise and reconnect with people after the impact of the last year living life in a socially distanced way.





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Cost

Henley Hall has a number of accommodation options available. The cost of the course is based on your room preference. The costs include all yoga sessions, meals, and accommodation. No hidden extras!

ACCOMMODATION OPTIONS	PRICE
Own double bedroom, own bathroom	£450
Shared double/twin bedroom, own bathroom	£420
Own double bedroom, shared bathroom	£430
Shared double/twin bedroom, shared bathroom	£400

What our guests say

I started yoga with Jules in January this year at the of 68, having never done it before, wanting especially to improve my flexibility and balance and also to tone my muscles. I can't believe how much I enjoy my weekly session and how much better I feel for it. Jules seems able to anticipate exactly what I am experiencing and then corrects my faults with immediate beneficial results. I only wish I'd taken it up years ago. Thank you, Jules!" - Ann

Jules outlines the benefits of each posture before she explains how to move into it and how to use our breathing as we do so. She makes us aware of how different parts of the body are connected and how they affect one another. We flow into the postures. Every time I finish a class I feel physically and mentally free, as though I'm floating. I'm very pleased I found Jules." - Alan



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Ludlow

Time is also built into the programme to enjoy a guided walk through the rolling Shropshire Hills or visit Ludlow, renowned for its local beautiful buildings, castle and gourmet delights.





Any Questions?

If you have any questions at all about the Retreat, please contact

❖ Helen at Henley Hall on info@henleyhallludlow.com

or

❖ Jules on Jules@ludlowyoga.co.uk



A Beautiful Venue in a Magical Location!

Henley Hall, Henley, Ludlow, Shropshire, SY8 3HD. www.henleyhallludlow.com. 01584 875 328