

# Relaxing New Year ReTreat with Jody

At 'The Spa Hotel' in Royal Tunbridge Wells, Kent

Monday – Wednesday, January 11<sup>th</sup> – 13<sup>th</sup> 2021



You are warmly invited to join me for an indulgent, relaxing Winter ReTreat, to unwind and destress. I have sourced the perfect venue for our precious 3 days of Yoga in comfortable surroundings, with delicious food and of course other Yogis to share the experience with. All without the need to fly or even encounter a motorway!



**Venue:** Set in 14 acres of picturesque grounds, close to the centre of Tunbridge Wells, The Spa Hotel first opened its doors to guests in 1880 and has built a reputation for style, sophistication, relaxation and fine dining. The en-suite bedrooms are comfortable and restful, all of which include a kettle and TV. The 'Cosy Doubles' are roomy enough, though if you want a bit more space you can upgrade to a 'Cosy Deluxe Twin or Double' or even a 'Spacious Twin or Double'. Use of the hotel's spa, including a pool, sauna and gym is included in our stay.



**Food:** We will begin our ReTreat with a delicious afternoon tea! Thereafter you will be fully catered for with breakfast, vegetarian lunch and dinner plus snacks throughout.

**Yoga:** There will be 2 sessions on the day of our arrival, 4 on Tuesday and 2 on Wednesday. These may include asana, pranayama, trataka, meditation and yoga nidra. All with the emphasis on being gentle and kind to ourselves to allow healing and rejuvenation. All abilities are very welcome, including beginners. You may come to as many sessions as you like, though no pressure to attend them all. All sessions are in the very spacious 'Kings Room' overlooking the grounds.

**Treatments:** I will be offering 25 mins of head, shoulders and feet massages at £30. The hotel's spa also offers a range of treatments. Both need to be booked in advance.

**Cost:** Included in the cost are 2 nights accommodation, use of the spa facilities, all yoga classes, food and free parking. The 'Earlybird' price is shown in bold. This applies if the non-refundable deposit and booking form are received by November 7<sup>th</sup> and the non-refundable balance by December 20<sup>th</sup>.

Single – 'Cosy Double' **£445**/£495, 'Cosy Deluxe' **£465**/£515, 'Spacious' **£485**/£535

Sharing – 'Cosy Double' **£395**/£445, 'Cosy Deluxe' **£415**/£465, 'Spacious' **£435**/£485

If sharing, please state who you are sharing with. The 'Cosy Double' is only available with a double bed, the others have double and twin bed options.

**Itinerary:** This is an outline and subject to minor changes.

Monday 11 <sup>th</sup>	Tuesday 12 <sup>th</sup>	Wednesday 13 <sup>th</sup>
1.30 Afternoon Tea 3.00 Check in to your room 4.00 Fresh Fruit Smoothie 6.00-7.00 Yoga - Asana 7.30 2 Course Dinner 9.30-9.45 Yoga - Trataka	8.00-8.25 Yoga - Pranayama 8.30-9.30 Yoga - Asana 9.45 Breakfast 12.00 Fresh Fruit Smoothie 1.30 Light lunch 3.30 Snack – Muesli bar 6.00-7.00 Yoga – Asana 7.30 3 Course Dinner 9.30-9.50 Yoga – Yoga Nidra	8.00-8.25 Yoga - Meditation 8.30-9.30 Yoga - Asana 9.45 Breakfast 12.00 Fresh Fruit Smoothie 1.00 Light lunch 2.00 Return home



For more information or to book, please email [jody@yogaakasha.co.uk](mailto:jody@yogaakasha.co.uk)