

# Relaxing New Year ReTreat with Jody

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

January 2<sup>nd</sup> – 4<sup>th</sup>, 2024 (Tuesday – Thursday)



You are warmly invited to join me for an indulgent, relaxing New Year ReTreat, to unwind and destress. This will be our 4<sup>th</sup> retreat at this 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 buffet breakfast, vegetarian lunch, smoothie and dinner.

**Yoga:** There will be 2 sessions on the day of our arrival, 4 on Wednesday and 2 on Thursday. 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, no pressure to

attend them all. All sessions are in the very spacious 'Kings Room' overlooking the grounds.

**Treatments:** I will be offering 25 minutes 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:**

Single – ‘Cosy Double’ £595, ‘Cosy Deluxe’ £615, ‘Spacious’ £635

Sharing per person – ‘Cosy Double’ £540, ‘Cosy Deluxe’ £560, ‘Spacious’ £580

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.

A non-refundable deposit of £200 and returned, signed booking form will secure your place, the non-refundable balance is due by December 1<sup>st</sup>. Included in the cost are 2 nights’ accommodation, all yoga classes, use of the spa facilities including pool, steam and sauna, food and parking.

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

Tuesday	Wednesday	Thursday
1.15 Arrive 1.30 Afternoon Tea 3.00 Check in 6.00-7.00 Asana 7.15 2 Course Dinner After Dinner - Trataka	8-8.25 Pranayama 8.25-9.25 Asana 9.30 Breakfast 1.30 Lunch 6.00-7.00 Asana 7.15 3 Course Dinner After Dinner - Yoga Nidra	8-9.20 Meditation & Asana 9.30 Breakfast 1.00 Lunch



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

