

# Revitalise Your New Year at this Tranquil Retreat with Jody

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

January 5<sup>th</sup> – 7<sup>th</sup>, 2025 (Sunday-Tuesday)



You are warmly invited to join me for an immersive and rejuvenating New Year Retreat at the exquisite 'Spa Hotel.' Embark on a journey of relaxation and self-discovery during these three precious days of Yoga, surrounded by lush landscapes, delectable cuisine, and the camaraderie of fellow Yoginis/Yogis. Experience it all without the need to travel, as serenity awaits just around the corner!

**Venue:** Nestled in 14 acres of scenic grounds near Tunbridge Wells, The Spa Hotel has been a beacon of style, sophistication, and relaxation since 1880. Immerse yourself in the comfort of en-suite bedrooms equipped with a kettle and TV. Our stay includes access to the hotel's spa, featuring a pool, sauna, and gym.



**Culinary Delights:** Our retreat begins with a sumptuous afternoon tea, setting the tone for a culinary journey throughout your stay. Indulge in a buffet breakfast, vegetarian lunches and delectable dinners to nourish your body and soul.

**Yoga Sessions:** Engage in rejuvenating Yoga with 2 sessions on arrival day, 4 on Monday, and 2 on Tuesday. Sessions may include asana, pranayama, trataka, meditation, and yoga nidra—all tailored for gentle healing and rejuvenation. All levels are welcome, including beginners, with no obligation to attend every session. All are in the spacious 'Kings Room' overlooking the picturesque grounds.



**Relaxation and Treatments:** Pamper yourself with a 25-minute head, shoulders, and feet massage with Jody at £30. The hotel's spa also provides an array of treatments, all requiring advanced booking.

**Cost per person:** Included in the cost are 2 nights' accommodation, yoga classes, all delicious meals, use of spa facilities and parking.

Single – 'Cosy Double' **£505**/605, 'Cosy Deluxe' **£525**/625, 'Spacious' **£545**/645

Sharing – 'Cosy Double' **£450**/550, 'Cosy Deluxe' **£470**/570, 'Spacious' **£490**/590

The price in bold is the Earlybird discounted price if the £200 non-refundable deposit and booking form are received by June 30<sup>th</sup>. The non-refundable balance is due by November 30<sup>th</sup>.

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

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

Sunday	Monday	Tuesday
1.15 Arrive 1.30 Afternoon Tea 3.00 Check in 6.00-7.00 Yoga 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 Yoga Asana 7.15 3 Course Dinner After Dinner - Yoga Nidra	8-9.20 Meditation & Asana 9.30 Breakfast 12.00 Fresh Fruit Smoothie 1.00 Lunch 2.00 Depart

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

