

IMMERSE RESTORE & CONNECT

YOGA & WELLBEING RETREAT
ST NECTAN'S GLEN,
TINTAGEL, NORTH CORNWALL



IMMERSIVE YOGA & WELLBEING RETREAT ST NECTAN'S GLEN CORNWALL

Friday 1st– Saturday 2nd - Sunday 3rd September 2023





BROUGHT TO YOU
EXCLUSIVELY BY



**Immersive Yoga & Wellbeing
Retreat in Cornwall
1st – 2nd – 3rd September**

We look forward to welcoming you to our exclusive 2-night, 3-day Immersive Yoga & Wellbeing Retreat at St Nectan's Glen, Tintagel, Cornwall this September. You will stay in a magical venue nestled in a sub-tropical rainforest with its own waterfall and can enjoy a bespoke itinerary offering a range of optional activities for connecting with nature and the outdoors with time and space to restore and revitalise through yoga, meditation, mindfulness, cold water swimming, waterfall dips and breathworks sessions.

Twice daily yoga and meditation practices will be delivered in our spacious indoor studio as well as outside in our private garden space. Enjoy an abundance of nature walks from our doorstep. Take a short walk along a woodland path and rocky trail to reach the Atlantic coast, with dramatic sea views. When timed right with the tide you will find an iconic sheltered bay for sea swimming. The venue has plenty of space and quiet areas for finding time for yourself.

This retreat is offered at a half-board basis with evening meals, breakfasts and some refreshments included (excluding alcohol). You will receive a 10% discount at the cafe on site (open to public) which serves extremely good coffees, cakes, and other snacks and you are welcome to bring your own beverages to enjoy with meals.

September is when the sea is at its warmest, and the late summer sun has a golden glow. Our immersive retreat experience is designed to help you connect and restore body and mind. Using an engaging mix of outdoor activities and restorative wellbeing practices, the programme is designed to help rejuvenate, restore, and provide space for you to enhance connection with body, mind and with nature.

This immersive retreat includes:

Three days of hosted yoga and wellbeing practices (x6 yoga sessions, including indoor and outdoor yoga, guided meditation, yoga nidra and sound bath, breathworks sessions

- Outdoor activities including guided coast walk, optional waterfall dips and sea swimming and fire pit
- Two nights' accommodation at St Nectan's Glen with check in at 3pm and late check out at 2pm (*meet at 2.20pm on arrival day)
- Meals included: Evening meal on Saturday and Sunday, breakfast on Saturday and Sunday. Food is vegetarian. The private chef will endeavour to cater for any specific dietary requirements specified prior to retreat
- Free time to explore this stunning part of Cornwall's Atlantic coast near Tintagel, a historic town and castle
- All guests will receive a 10% discount card valid for the duration of their stay which can be used against purchases in The Tree of Life Café and the Gallery shop

"The asanas, the sound baths, the different locations of the sessions in the studio as well being out on the grass and the short practices near the water and cliff tops lead us to more fully into the focus and the particular environments that we were in. "

"The Breathwork sessions were literally the tip of a huge, fascinating, and transformative starter journey that I am literally seeking more and more of."

"The area and overall environment of St Nectans Glen speaks for itself with its history and absolute fact – magical aura and unique micro climate at the location. To be able to connect to nature in such an amazing place was very potent and certainly an important part of this particular retreat."

IMMERSION



RETREAT



Bespoke retreat includes;

- 2 nights' accommodation
- Professional experienced hosts
- Itinerary of wellbeing and connecting with nature-based activities
- Evening meals on both nights
- Breakfast on both days
- Coffee/tea throughout duration
- Time to connect with nature
- Unlimited access to waterfall and rain forest including out of hours private access to waterfall

All activities are entirely optional and include;

- Twice daily yoga practices (indoor and outdoor yoga)
- Daily mindfulness and meditation practices
- Yoga Nidra and Sound Bath
- Guided coastal walk
- Cold water swimming (with qualified beach lifeguard)
- Waterfall dips
- Fire pit ceremony and star gazing
- Breathworks sessions

YOGA & WELLBEING RETREAT

Day 1 Friday 1st

4.20pm Meet at car park where your luggage will be taken to the lodges

4.30pm – 5pm Woodland walk to our lodges and home for the retreat weekend

5pm Check in to your lodge

Take some time to settle in, take in your surroundings, and get to know your retreat home for the next two days

5.45pm Welcome meeting (indoor studio)

Alicia and Rich will talk you through the weekend itinerary

and set some intentions for the days ahead

7.30pm Dinner at our lodge

A deliciously healthy meal prepared in-house and served at our lodge

9pm Yoga Nidra meditation and Sound Bath

A relaxing meditative experience with healing sound waves and a guided practice to encourage a blissful nights' sleep

(practice in our indoor studio)

Day 2 Saturday 2nd

6am – 7am Optional waterfall immersion meditation and breathworks session (for early birds!)

7am – 8am Help yourself to tea/coffee/fruit

8am – 9.15am Yoga / Pranayama

An energising yoga practice combining breathing practices with a powerful Vinyasa Yoga practice to awaken body and mind set for the day ahead

9.15am-10.45am Breakfast at our lodge

10.45am - 12pm Relaxation / Time for self

Options

12pm- 4pm Free time

Enjoy a leisurely lunch at the cafe and feel free to explore the area at your own pace or simply chill out with a book, journal, or meander along one of the nature trails

12pm – 4pm Coastal adventure walk with optional sea swim

Join us if you are keen for an adventure on a woodland/rocky valley/ coastal path walk (approx. 3.5 mile round trip) to a beautiful, secluded beach where we will stop for a breathworks session - Rich will guide you through some breathing practices explaining the physiology and benefits of breathworks practice - followed by a delicious picnic on the beach (*pre-ordered by request)

4pm Head back to our lodge and enjoy some well-earned tea and cake

6pm – 7.15pm Restorative Yoga

A restorative Yoga practice combining slow movements and postures with a guided meditation to relax body and mind

8pm Dinner

A deliciously healthy meal prepared and served at our private lodge

9.30pm Fire pit ceremony and star gazing (bring your own drinks welcome!) A light-hearted and positive end to a full day for us to breathe, chat, laugh and share each other's company under the stars with a ceremony encouraging you to invite fire energy in and let go of what no longer serves you well

Day 3 Sunday 3rd

8am – 9am Help yourself to tea/coffee/fruit

9am – 10.15am Yoga / Pranayama

A rejuvenating and strengthening Yoga practice combining breathing practices with a powerful Vinyasa flow to strengthen body and mind and create positive energy for the day ahead

10.15am-11.30am Breakfast at our lodge

11.30am-12.30pm Breathworks session/Mindfulness workshop

Rich will guide you through some breathing practices explaining the physiology and benefits of breathworks practice. Alicia will guide you through some mindfulness practices and teach you some ways of bringing more awareness towards your environment, the focus will be mindfulness in nature

12.30pm-2pm

Free time / final waterfall visit / relax and prepare for;

2pm Check out and woodland walk to car park

2.30pm Luggage collection at car park

We wish you farewell and a safe journey home



YOUR HOSTS



ALICIA

Alicia is a registered Yoga Teacher, Mindfulness Teacher and Fitness Instructor, with over 17 years' experience working as a Clinical Psychologist for the NHS. In her current post she supports children and families as Consultant Lead Clinical Psychologist for Paediatrics in Cornwall. She is the founder of Alicia Ray Wellbeing; a platform offering classes, retreats, workshops, and training locally and internationally. Alicia has developed a holistic approach combining elements from Psychology, Ayurveda, Yoga Therapy and Mindfulness. Her style of yoga is suitable for all levels. Alicia's practices will guide you to gain a deeper connection with mind, body, and nature. She will encourage you to find space, trust intuition and channel self-compassion.



RICH

Rich is a level 2 ISA Surf Coach and internationally recognised Beach Lifeguard with over 15 years' experience coaching worldwide. Founder of WaveRetreat; a platform offering surf, yoga and adventure activities and retreats, Rich has experience coaching children and adults from complete beginners up to competitive level. His approach draws on elements from yoga, mindfulness and breathworks to help people see improvements in their physical training and technique as well as in their mindset, and to increase their confidence and enjoyment of time in open water. Rich is a certified Breathworks Coach and is passionate about sharing his knowledge so others can experience the benefits of breathing practices and understand the physiology behind the practices.



BALANCE

Alicia and Rich understand the importance of maintaining healthy balance in life and spend as much time as possible doing activities that promote positive wellbeing and connection with nature. Being avid travellers with a passion for surf and yoga, they have hosted international retreats and trainings together since 2019; specialising in immersive retreats that combine elements from Eastern and Western wellbeing practices including outdoor yoga, sea swimming, mindfulness, meditation, sound healing and breathworks sessions. Rich and Alicia take upmost care to ensure their retreats are designed so that guests will enjoy the restorative benefits of a range of wellbeing practices; they encourage you to choose options from the itinerary that feel right for you and take the time and space for yourselves to make this retreat just what you need it to be.

"We look forward to hosting your immersive yoga & wellbeing retreat and can't wait to share the magic of St Nectan's Glen with you!"





