



**Yoga & Walking
Rural Hampshire
28th February - 2nd March 2025**

The perfect escape to a luxury country retreat for complete rest and relaxation with yoga, delicious food, walking, and more.

Escape to a rural retreat for a 2-night pampering experience with yoga, guided walk, and delicious meals. Enjoy luxury bedrooms, and serene surroundings in a 250-acre farmland.

Hosted by Emilie, the intimate retreat offers single, double, or twin occupancy options for a revitalizing getaway.

Accomodation

Three luxury incredibly well-appointed barn conversions
All rooms are ensuite and each barn as a great lounge with
log burning stove and kitchen.



The Experience

Four yoga classes taught by Emilie. With dynamic morning practices of Vinyasa Yoga and more gentle evening sessions combining Yin Yoga and Meditation.



Activities

This is your retreat to relax and recharge. You do as much or as little as you like. The retreat includes a guide walk in the most stunning landscape with views across the Salisbury Plains and the New Forest.



Nourish

We serve both Vegetarians and Non-Vegetarians. Chef Madi prepares meals that are not just tasty, but also healthy and nutritious, with delightful surprises to excite the palate.

You will depart feeling motivated to explore new flavours, armed with recipes to try at home and concepts to rejuvenate your diet, extending the benefits of your retreat.



What's included

Accommodation

2 nights at Gambledown Farm.

Choose from Single, Double or Triple occupancy.

Meals

Home-cooked, Healthy & Delicious Cuisine - Two dinners,
Two Brunches, Snacks.

Daily yoga classes

4 Yoga Classes suitable for Beginners to Advanced
Students.

