



Wellness & Relaxation Retreat

Hosted by Lysta Reardon

Retreat Details:

- Dates: 16-18th May, 2025
- Location: A charming cottage with a barn in the Cotswolds set in a private estate

This retreat is designed to help you relax, reset, and reconnect with yourself amidst the peaceful beauty of the Cotswolds. From movement to mindfulness, you'll leave feeling refreshed and inspired.

A transformative experience where we'll move mindfully, enjoy nourishing meals, and embrace moments of deep relaxation, all within the stunning beauty of the Cotswold countryside. Together, we'll carve out a space for restoration, reflection, and personal growth.

Here's what you can look forward to during the retreat:

- **Daily Pilates & Bodyweight Strength Sessions:** Designed for all levels, these sessions will help you build strength, and improve mobility/ flexibility in a supportive and inspiring environment.
- **Mindfulness Practices:** Discover simple yet powerful techniques to quieten the mind, reduce stress, and find a sense of calm and clarity.
- **Restorative Massage Therapy:** Release tension and sink into pure relaxation with a soothing massage from our renowned therapist, Abby.
- **Delicious wholesome nutritionally based menu**

Cost: £575 per person based on sharing a room

- All food and exercises included (*massages are an additional charge*)
- There is only one double room with a superking bed - £675.
- £150 non refundable deposit to secure your space.

To reserve your space [click here](#). For more info, contact studio17@hotmail.co.uk

Retreat Itinerary

Day 1: Arrival & Unwind (16th)

- 3:00 PM - Welcome & Check-In

Settle into your cozy accommodation & explore the tranquil surroundings of the barn.

- 4:30 PM - Gentle Stretch & Relaxation Session

Ease into the retreat with a light Pilates and stretching session to help you unwind

- 6:30 PM - Welcome Dinner

Gather for a delicious meal and get to know the rest of the group.

- 8:00 PM - Evening Mindfulness Practice

A guided session to calm your mind and set your intentions for the retreat.

Day 2: Restore & Rejuvenate (17th)

- 8.30 am - Morning Pilates & Strength Session

Start your day with an invigorating movement focused on building strength.

- 9:30 AM - Nourishing Breakfast

- 1:00 PM - Light Lunch and freshly squeezed juices

- 2:30 PM - Free Time & Massage Therapy

Take this time to relax, explore the countryside, dip in the pool, or indulge in a soothing massage with Abby, our legendary therapist.

- 5:00 PM - Mindfulness Practice & Reflection

Reconnect with your inner self through calming mindfulness techniques.

- 6.30 PM - Dinner

Share another delightful, nourishing meal in the warmth of our beautiful cottage setting prepared by our own private chef.

Day 3: Reflection & Renewal (18th)

- 8.30 AM - Sunrise Pilates & Meditation

Awaken your body and mind with a gentle Pilates session, followed by a calming meditation.

- 9:30 AM - Hearty Breakfast

Fuel up for the day ahead with a healthy, energising meal.

- 10:30 AM - Group Reflection & Closing Session

Reflect on your experience, set intentions for the future, and connect with your fellow participants.

- 2 PM - Farewell & Check-Out

Depart feeling refreshed, rejuvenated, and inspired.

Enjoy the serene beauty of the Cotswold countryside—perfect for peaceful walks and personal reflection. I'll be available throughout the retreat to provide personalised guidance and answer your questions

Lystax