

YOGA & PILATES WEEKEND RETREAT

Relax, recuperate and recharge with a retreat expertly designed to nourish your physical health and boost your well-being. Sisters, Rebecca and Fiona, are joining forces to bring you a carefully crafted Pilates and Yoga retreat in the stunning Northumberland National Park.

At a glance

Friday 3rd - Monday 6th October

3 nights accommodation and all meals

Daily Yoga, Pilates & Meditation

From £400pp

Your Retreat Offerings



Yoga and/or Pilates classes

Guided pranayama (breath-work)

Guided meditation

Large, luxurious hot tub

Delicious vegetarian meals

Spacious and unique accommodation

Beautiful countryside from your door

Group walk to explore the local area

Time out to enjoy the area & accommodation (including cinema room & ping pong table)

Your Retreat Accommodation

Fabulous accommodation with stunningly decorated spacious rooms.



The Black & White Room

Sleeps 2 (Twin)

Shared shower room (with Gold Room)

£495pp



The Blue Room

Sleeps 2 (Twin)

Ensuite

£550pp

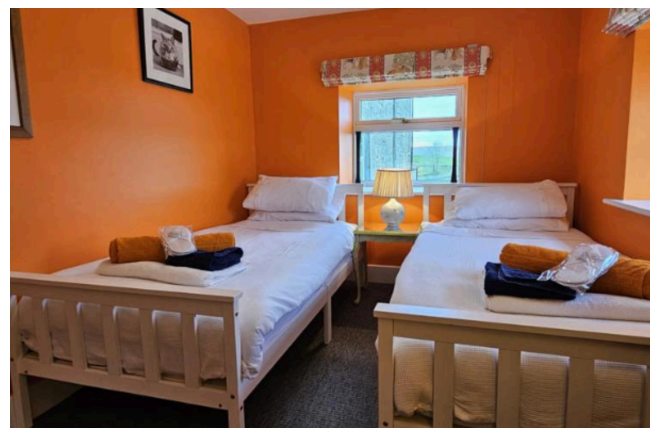


The Gold Room

Sleeps 2 (Double)

Shared shower room (with Black and White Room)

£495pp (single occupancy £800)



The Sunrise Room (screened room)

Sleeps 2 (Twin)

Shared shower room (with Rose room)

£400pp



The Flamingo Room

Sleeps 2 - (Twin or King)

Ensuite

£550 pp



The Rose Room

Sleeps 1 (Double sofa bed)

Shared bathroom (with Sunrise Room)

£700 single occupancy only

Your Retreat Food

All meals are hearty, plentiful and healing – to nourish your body and give you energy. Local organic produce will be used where possible, but all meals are prepared thoughtfully and infused with positive vibes! After all, you are what we eat, so feel positive and healthy.



Your Retreat Location



Your accommodation is a magical escape found on the western border of the beautiful Northumbrian National Park, near the picturesque village of Greenhead. This converted barn is just a stone's throw from the Pennine Way and Hadrian's Wall Path, so there is an abundance of walks and stunning views right from your door.

The barn has been decorated with unique style and creativity, it is immaculately presented and truly a place to remember! Rooms are spacious, interesting and welcoming. There is underfloor heating throughout including the 'Zen Studio' where classes take place. There is a large outdoor space with seating and a hot tub, to enjoy the springtime air or starry skies. After a day building positive energy, moving well, fresh air walks and wholesome eating, we round it off with a bedtime meditation and sleep tonic to support a restful night.

Contact either Rebecca or Fiona for more information or to book.
Rebecca - 07855390680 - pilates-yoga-lakedistrict@hotmail.com
Fiona - 07561327154 - feefloyoga@gmail.com

Your Retreat Hosts

Rebecca and Fiona have been sisters for 44 years, and best friends for most of that time! Sharing the same passions, they love spending time in each other's company.



Rebecca has a love for all things Pilates, Yoga and Ayurveda, so the food and classes on this retreat will be infused with that positive energy. With over 20 years experience teaching Hatha, Vinyasa, Kundalini, Ashtanga, Yin and Pilates, Rebecca brings a wealth of knowledge and passion to the retreat. She has also co-ordinated and hosted Yoga and Pilates retreats for the last 10 years, as chef and teacher.

Fiona, found her passion for Yoga ignite whilst living in New Zealand. Having spent her whole adult life in secondary school teaching, combining her skills as a teacher and her passion for Yoga seemed a logical step, and she trained as a Yoga Instructor in 2018. More recently, she has qualified as a Pilates Instructor after seeing the benefits of Pilates to help maintain a strong and healthy body, to live well and age better.



Your Proposed Retreat Schedule (subject to change)

Friday - Arrive at 5pm

Yoga/Pilates Flow class

Supper

Pre-bed meditation

Saturday

Morning Pilates class

Breakfast

Free time (explore/hot tub/ping-pong)

Lunch, tea & cake

Yoga class & guided breath-work

Supper

Free time (moonlit walk/relax)

Guided meditation and pre-bed tonic

Sunday

Morning Pilates & Stretch class

Breakfast

Free time (local walk, relax)

Lunch, tea & cake

Yoga class & guided breath-work

Supper

Free time (film-night/chat/read)

Guided meditation and pre-bed tonic

Monday

Morning movement class

Breakfast

Depart - 9:30am

Leave your everyday stresses behind and enjoy the soothing benefits of Yoga, Pilates, meditation and delicious vegetarian food.

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