

Another Place yoga break

Expand body, mind and soul at our lakeside yoga retreat.

WHAT TO EXPECT

Each session will be tailored specifically to the group.



DAY ONE

- 3pm** **Guest check-in**
Arrive as early as you like and make full use of the hotel. We can look after your luggage while you have a treatment, join a lake sport session, explore the grounds, or spend time in Swim Club.
- 5pm** **Meet Julia Poole**
A chance to meet your instructor Julia and other guests, familiarise yourself with the programme and ask any questions.
The Library
- 5.45pm** **Sensory mindfulness**
A sensory mindfulness practice to ground and arrive.
The Library or lake grounds
- 6.45pm** **Group dinner** - (to be arranged by guest)
Rampsbeck Restaurant
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DAY TWO

- 8am** **Optional morning swim in lake Ullswater**
Embrace the healing power of cold water, this is not an organised group activity.
- 9am** **A gentle flowing movement session**
Ease out the kinks and bring your day to life.
The Glasshouse
- 10am** **Group breakfast**
Rampsbeck Restaurant
- 11.30am** **Explore breathwork**
Discover how it can support you in daily life.
The Glasshouse
- 1pm** **Lunch** - (to be arranged by guest)
The Living Space

2pm-5pm **Free time** - (to be arranged by guest)
Open water swim, stand up paddleboard, kayak session,
or make time for a treatment.

5pm **Evening yoga and guided relaxation**
The Glasshouse

6.45pm **Group dinner** - (to be arranged by guest)
Rampsbeck Restaurant

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9am **A gentle flowing movement session**
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The Glasshouse

10am **Group breakfast**
Rampsbeck Restaurant

11am **Check out**
We'll look after your luggage so you can spend all day with us.