

# 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

### **Gentle evening yoga**

Relax and recentre, calming the body and mind.

*The Glasshouse*

7pm

### **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*

- 2.30pm **Free time** - (to be arranged by guest)  
Open water swim, stand up paddleboard or kayak session, or make time for a treatment.
- 5pm **Evening yoga**  
A focus on restorative movement to calm and replenish.  
*The Glasshouse*
- 6pm **Guided deep relaxation session before dinner**  
*The Glasshouse*
- 7pm **Dinner** - (to be arranged by guest)  
*Rampsbeck Restaurant*
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### **DAY THREE**

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