

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 Glasshouse

6.45pm

Group dinner - (to be arranged by guest)

Rampsbeck Restaurant

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

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.