

Yoga break

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

WHAT TO EXPECT

Each session will be tailored specifically to the group.



DAY ONE

Arrival

Arrive early and spend time in the hotel. We can look after your luggage while you have a treatment, join a lake sports session, explore the grounds, or spend time in.

3pm

Guest check-in

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

DAY TWO

8am

Optional morning swim in lake Ullswater

*Embrace the healing power of cold water, this is not an organised group activity.
Sheep shed*

9am

A gentle flowing movement session

*Ease out the kinks and bring your day to life.
The Glasshouse*

10am

Group breakfast

Rampsbeck Restaurant

- 11.30pm **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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DAY THREE

- 8am **Optional morning swim in lake Ullswater**
Embrace the healing power of cold water, this is not an organised group activity.
Sheep shed
- 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 luggage so you can spend all day with us. Guests can book a treatment, join a lake sports session, explore the local area or spend time in Swim Club.