



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

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.