

Saturday 23rd June – Sunday 24th June 2018

Women's Wellness Residential Retreat

An exploration of Body, Mind and Soul

Hosted By Sarah Dover-McCarthy and Michelle Deane
Sedgwick Park House – Horsham

This is an exciting new venture for Total Therapy; our first overnight retreat, and the first of many we hope. Immersed in nature, Sedgwick Park House with its beautiful woodland and gardens is the ideal setting to relax, let go, and rejuvenate.

This retreat brings Sarah and Michelle's expertise together under one roof for the ultimate exploration of movement, mindfulness, nourishment and deep self-care. The retreat is open to anyone who wants a bit of time out in a friendly and fun down to earth environment with like-minded people. You will come away with some great tools to use in daily life too, along with handouts and packs from the sessions.

Our agenda for Saturday

9.30am - 10.30am

Welcome and introduction to the retreat.

10.30am - 12.30pm

Movement Masterclass with Sarah. During this session you'll learn all about all the different sorts of exercise out there. We'll look at the pros and cons of various classes and training, and what's actually important for your body to nurture it and keep it strong, flexible and healthy. The last part of the Masterclass will take your body on a journey of strength, flexibility, breath and movement so you can experience what feels right for you.

1.00pm

Join us for a delicious and nutritious lunch.

2.00pm - 4.30pm

Workshop with Michelle supporting how to take time for yourself in the most effective way. This includes self-care, journaling, and other techniques. We'll take a break for tea in the middle of this session.

4.30pm – 5.30pm

Reflection time for journaling and spending time in the gardens, allowing you time to consider how to put into place some of the learnings of the day.

6.30pm

Dinner and drinks. An opportunity to engage, connect and discover.

8.30pm

Pyjama Yoga Nidra. A guided meditation session to give you a complete sense of relaxation, to ensure a fantastic night's sleep.

Our agenda for Sunday**7.30am – 8.15am**

Morning meditation with Michelle. Hopefully we the weather will give us the opportunity to hold this session outside.

8.30am – 9.30am

A delicious and nutritious breakfast prepared by your hosts.

10.00am – 11.15am

A class with Sarah: 'Posture release and realign'. In this class we'll discuss the causes of common postural imbalances. We'll also focus on loosening and stretching tight areas of the body in order to prepare it for movement.

11.45am – 1.00pm

A dance session with Michelle. Please do not worry or be nervous about this session! Together we'll all explore the connection between music and movement, and how this can energise the soul.

1.00pm – 2.00pm

A delicious lunch prepared by your hosts, and further chance to connect.

2.00pm – 3.00pm

Introduction and exploration of Sedgewick Park's labyrinth. In this fun and enlightening session, we'll learn how the left and right hand sides of your brain connect by following the twists and turns of the labyrinth. This allows a subconscious open-mindedness to understand issues - and obtain solutions - to challenges you might be facing.

3.00pm - 4.30 pm

Closing discussion around learnings, and how you can bring about positive change.



Prices, Terms and Conditions, and general information for the weekend

Cost for the retreat:

- £275.00 for the whole weekend. This includes a shared twin room.
- If you'd like a single room, there is a £30.00 supplement for this, however only a limited number of single rooms are available (these single rooms have a shared bathroom).

Early bird offer:

- If booked and paid in full before 30th March then you will pay only £250 (£280 with single room supplement).

Deposits and Cancellation policy:

- You can secure your place with a £50.00 deposit, however we must receive payment in full by 30th April 2018
- Cancellations made up to six weeks before will be refunded minus your deposit.
- Cancellations after this time will only be refunded (minus your deposit) if the space has been filled. We will do all we can to do this.
- Cancellations less than one week before the event will not be refunded.

Location:

- The retreat will be held at Sedgwick Park House is a privately owned home, set within 100 acres of rolling countryside. The gardens include breathtaking views of the South Downs and Chanctonbury Ring. The House was purchased by John and Clare Davison in 2001 and the Estate at the moment comprises of the house with meadows to the front, formal gardens to the rear, and the woodland site of Sedgwick Castle to the West. You can read more about Sedgwick Park House by visiting www.sedgewickpark.com