

Spring Retreat Quaives 20-22 May

Escape.
Connect.
Feel.

RE
BALANCE



Coming home: journey with your senses

Welcome to our Spring Retreat that offers you uninterrupted time to indulge in self care, have fun and relax.

We created our retreat to provide you with a space to curate your own retreat experience. This is about you taking time for yourself to nourish and re-charge, in whatever shape and form, and in a way that feels the most energising to you.

If you turn up and realise relaxing in the venue grounds is what you need, a tranquil environment for finding peace in stillness, this is absolutely fine. Equally, if you want a structured programme of activities, we've got lots for you to choose from.

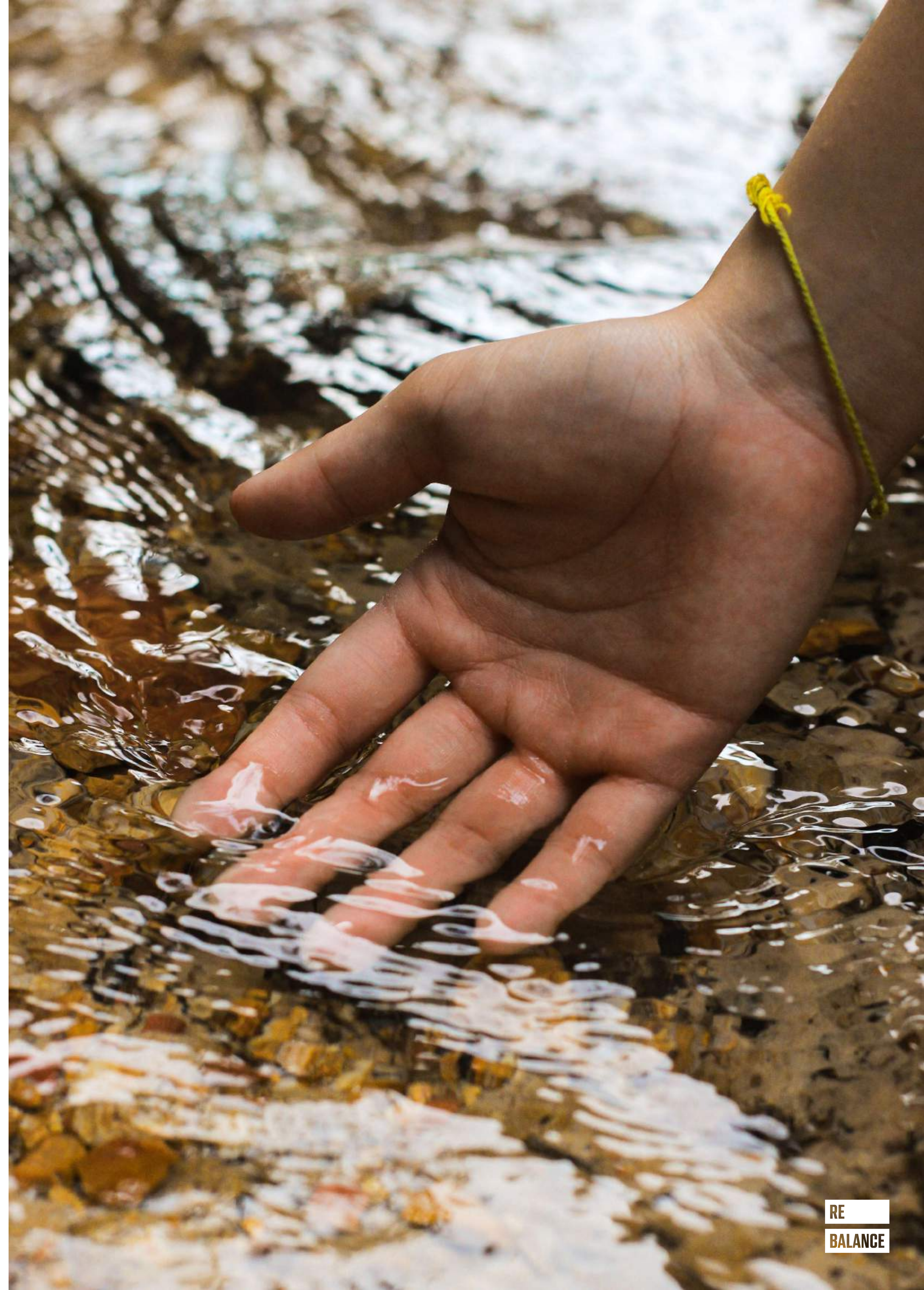
Our bespoke activities will take you on an immersive experience to help you reconnect with your inner compass, exploring our senses and bringing in the natural elements as our anchor to the world around us.

We're also delighted to be co-hosting our retreat with Sumiya from Love & Lentils. Sumiya is a compassionate senior yoga teacher who brings a warm, supporting teaching style that encourages everyone to find their own connection with what yoga means to them.

You'll leave the retreat not only feeling rejuvenated but empowered to create a wellness environment in your everyday to support with healing, understanding resilience and creating a personal environment of flourishing.

We're really excited to share our retreat experience with you and we can't wait to meet you all.

Poppy, Sumiya & Jaan x



The Power of the Senses



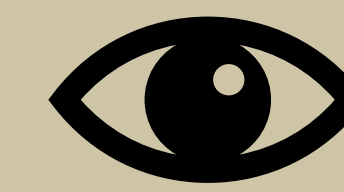
Touch

A warm touch activates the body's vagus nerve, which is intimately involved with our compassionate response, and a simple touch can trigger release of oxytocin.



Smell

Aromas such as lavender and camomile can invoke calmness and relaxation whilst scents of grapefruit and mint can awaken us. Aromas can also release feel good emotions to aid with stress reduction and better sleep hygiene.



Sight

Colours play a unique role in the way they make us feel. Everybody interprets colour differently but different tones and hues can influence the way we think, behave and interact with the world around us.



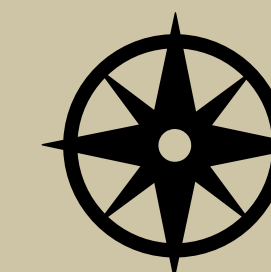
Taste

Mindfully eating and savouring different taste sensations has shown to improve digestion, regulate appetite and helps us enjoy our food much more.



Sound

Studies have demonstrated that listening to sound from the natural world can reduce the physical and psychological symptoms of stress and encourage feelings of wellbeing, safety, restoration, and motivation.



Inner Compass

By using our inner compass we can change our life's narrative. This way, your energy is not dictated by the randomness of life's happening, because you can always choose a narrative that fills you with nourishment depending on how you view the world and yourself.

Natural Connection



Fire

Fire is one of the most powerful of the elements, and when we tap into its energy, we bring alive a sense of transformation within ourselves.

Roaring blaze to smouldering embers. Crackling wood and the smell of burning charcoal. A fire encompasses all of the senses whilst holding so much strength but also mesmerises with it's delicate dance of flickering flames.

During the retreat, we will hold a fire ceremony.

It will be a celebration, giving our fears, negative emotions to the flame and letting go of anything you are still holding onto that doesn't serve you with a chance to set new intentions.



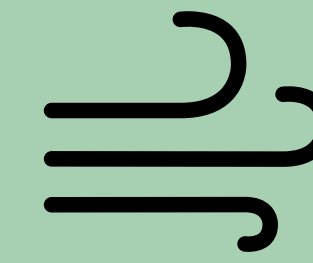
Earth

Reconnecting to the earth element is more about doing less than adding more. Simplifying, letting go, and getting back to our most primal selves can serve as a way to feel grounded and earthed again.

We will encourage you to access a deeper sense of connection from below the ground.

The food you will eat will be organic to nourish your body and mind with the best nutrients as well as supporting local providers.

We will also plant 1 tree for everyone attending our retreat in our Re-Balance Ecologi forest.



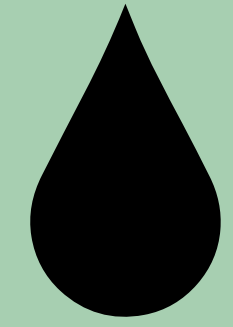
Air

Within our own bodies, there are subtle energetic winds – known as the Vayus – that correspond to our physical and emotional actions. Yogic texts say that keeping these winds moving well is one of the keys to caring for ourselves.

For an element that can't be seen, air certainly holds a vast array of sacred symbolism – such as communication, breath and life.

When we consider how the air element interacts with our senses, we become more present and sensitive to the world around us.

We'll teach you different breathing techniques through our daily classes to allow you to practice and benefit from the art of breath nourishment.



Water

Water covers around 70% of the planet. Our bodies are around 60% water.

Is it purely coincidence in how the planet and human makeup is of similar properties?

Reconnecting to water in small ways in our own lives, we move ever closer to a sense of our ancient, natural human selves.

Studies show there are many health benefits of being near water and we ensure all of our retreats have access to either ponds, lakes or nearby beaches

Spending time with this natural elements can lower blood pressure, decrease stress, bring on relaxation, improve creativity, and bring about a general sense of happiness,



'I go to nature to be soothed and healed and to have my senses put in order'

- John Burroughs, Naturalist, 1837-1921

What's included?

- An opportunity to meet with the retreat leaders and other guests on a zoom call before the retreat to explore expectations and answer any last minute questions
- 2 nights accommodation with a choice of beautifully styled Scandinavian dormitories or cosy self catering cottages
- Daily breath work and yoga activities using a unique approach drawn from different traditional Indian wisdom, enriched with Tibetan tradition and augmented by relevant modern-day science and research
- Choose from a range of indulgent relaxation activities including leisurely country walks and bespoke massages and treatments
- Celebrate and set new intentions with our opening and closing ceremonies
- Lovingly cooked vegetarian meals using organic and local produce, cooked by a gourmet chef onsite
- Expertly designed workshops exploring different techniques to help you let go of things that do not serve you and soak up new ways of re-connecting with your inner self
- The luxury of time. We encourage you to do as little or as much that will help you feel refuelled, re-charged and relaxed.



'Sometimes the most productive
thing you can do is relax'



Retreat Hosts

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Meet your hosts

Poppy Jaman she/her

Poppy Jaman OBE is British Bangladeshi and one of the co-founders of Re-Balance. She started her career as a community development worker and her passion for supporting the growth of healthier, empowered communities is still very much at the heart of her work. One of her many passions is empowering underrepresented and underserved black, indigenous and women of colour.

Poppy has been practicing yoga for 12 years and values the different aspects it brings into her day-to-day. She feels a deep connection to her practice where it plays a key role in her continuing journey of well-being restoration and recovery.

Her love for music, colour and movement comes through when she's dancing in her many sarees!

Poppy is internationally respected for her work in mental health, national policy advisor and social entrepreneur. She is also a global ambassador for mental health in the workplace, CEO of the City Mental Health Alliance and Trustee for The Centre for Mental Health.

Sumiya Basha she/her

Sumiya is the founder of Love & Lentils Yoga and a senior yoga teacher with Yoga Alliance. Following many years practising law in a high-pressure, corporate environment in London and Sydney, she qualified to teach yoga 13 years ago. Her teaching experience began in earnest when she decided to share what she was learning.

Sumiya has spent much time in India exploring the roots of the yogic and Ayurvedic systems and is particularly drawn to traditional and ancient forms of wisdom from around the world.

Sumiya is professionally trained to teach breath work techniques that help restore balance and harmony to the mind and body, and has also partnered with Re-Balance to provide specially-tailored sessions for corporate clients.

With more than a decade's experience guiding students as they blend yoga practice into their daily lives, Sumiya's teaching style is accessible and aware, both light and carefully supportive, and always student-led.

Jaan Madan he/him

Jaan is one of the co-founders of Re-Balance and thrives on meeting and working with people. Across his career he has worked with many diverse individuals and communities in creating healthy environments.

He started his career as a youth worker where he learnt valuable skills such as compassionate dialogue. He continues to approach life from a desire to understand people's experiences and support them in finding their voice.

Jaan loves spending time outside, there's never a wilderness too big or too small to explore. He is also known to do some open water swimming and sharing his new found wellbeing techniques such as mindfulness and laughter yoga.

More recently he has grown a deeper interest in developing his own practice to explore how yoga helps to connect him physically, emotionally and spiritually as well as a vehicle to share those moments with others such as his wife and daughters.

Activities

You can pick and choose from our range of activities to curate your perfect experience

Before arrival

Optional 30 min zoom call to meet your retreat hosts and other people attending the retreat with a chance to ask any questions you have about your stay

Friday 20th PM

3.00pm - Arrive and settle in with tea and cake

5.00pm - Opening Circle with Poppy, Jaan and Sumiya to ease gently into the retreat - it's a chance for us to introduce you to the weekend and all that we have planned

7.00pm - Welcome dinner

8.45pm - Yoga Nidra for sleep with Sumiya - pyjamas welcome

Saturday 21st AM

Early morning fruit and teas available

7.30am - Yoga with Sumiya (Option 1) - a dynamic yoga class for those with previous yoga experience

8.30am - Meditation and specific breath work practices with Sumiya

9.00am - Yoga with Sumiya (Option 2) - a gentle yoga class with emphasis on breath and mindful movement for beginners

10.30am - Breakfast

Free time

Activities continued

You can pick and choose from our range of activities to curate your perfect experience

Saturday 21st PM

1.00pm - Lunch

2.00pm - Earthing and Grounding with Jaan - through the outer layers circling into the inner core

4.00pm - Draped in Colour with Poppy - exploring the fun, colour and creativity of draping saris

6.00pm - Sunset drinks and a chance to linger over the day, feel free to continue to wear your sari from previous activity

7.00pm - Dinner

8.30pm - Fire Ceremony to cleanse and reset

Sunday 22nd AM

Early morning fruit and teas available

7.30am - Yoga with Sumiya (Option 1) - a dynamic yoga class for those with previous yoga experience

8.30am - Meditation and specific breath work practices with Sumiya

9.00am - Yoga with Sumiya (Option 2) - a gentle yoga class with emphasis on breath and mindful movement for beginners

10.30am - Breakfast

Free Time

Activities continued

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Sunday 22nd PM

12pm - Closing Circle with Poppy, Sumiya and Jaan - Recognising growth and holding hope to take with you into your day to day after the retreat

1pm - Lunch

2.30pm - Goodbyes until next time

Extras

Holistic bespoke body and face massages can be booked and paid for separately - details available on request

What to bring with you

We've designed our activities so that they can take place indoor or outdoors (weather depending) so pack clothes for all weathers! Most of all, pack clothes that you are most comfortable in.

You don't need to bring any equipment with you as all of this will be provided but you're more than welcome to bring extras if this will make you feel more comfortable such as towels, yoga mat and crystals.

The venue has 9 acres of nature to explore and some lovely local country walks so comfy walking shoes are also recommended as well as your flip flops or slippers.

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How to book

Price for the whole weekend inclusive of accommodation, meals and activities start from £500.

Accommodation

Shared Dormitory - from £500

8 single beds (4 x adult bunk beds) in a stylish, cozy, clean spacious room, with 3 modern toilets & shower facilities. Our dormitories are perfect for solo travellers or for people looking to make new friends.

Self Catering Cottage (shared) - from £600

Cottages comes with 2 bedrooms with the second bedroom having adult bunkbeds. There is a shared kitchen, lounge and bathroom. Perfect for friends wanting a relaxing weekend away.

Self Catering Cottage - from £700

Double or twin bedroom cottages with en-suite & kitchen/lounge. Perfect for those wanting some extra privacy and a home from home vibe.

N.B. We offer additional activities such as private massages and treatments that will incur an additional cost.

How to book

We're delighted that you're ready to make a booking. Send your booking request to hello@re-balance.org. From here we'll check your details and once all confirmed we'll send you an invoice. We must receive payment to secure your space.

Cancellations made within 6 weeks of the retreat start date are non-refundable. Depending on availability, your booking may be transferred to one of our future retreats. Please note future retreats may not be in the same location.

Covid-19

We'll be following the government advice as well as any protocols put in place by the venue to keep everyone safe. Please do not attend if you are exhibiting [any Covid symptoms](#) or have tested positive for covid in the last 5 days. We recommend everyone take a lateral flow test on the morning before you travel.

We strongly encourage everyone to take out separate insurance to cover any eventualities that may impact their ability to fully attend.



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To find out more about Re-Balance or get in touch with the team please visit hello@re-balance.org

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