

The
Quaives
Kent



16th - 18th
November
2018



REAL REVOLUTION HEALING

Yoga, Meditation and Healing Mini-Retreats



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Yoga, Meditation & Healing Mini-Retreat

Come rejuvenate, enliven, get centred and feel great! All within the happy confines of one weekend and at a venue not too far away.

Venue

The Yoga and Meditation Mini-Retreat will be offered by Jeannie Bréhaut at The Quaives in beautiful East Kent. The Quaives is an elegant 9-acre estate nestled in the East Kent countryside with West Canterbury station a short taxi-ride away (West Canterbury is 50 minutes from London Kings Cross St Pancras). Pamper yourself with a country weekend and contribute to your own well-being in a significant way.

Your Teacher

The practice will be led by Jeannie Bréhaut, a yoga teacher and healer with a thriving practice in London. Jeannie's approach to yoga and healing is to keep it spiritual, facilitate a depth of practice and have fun. Jeannie's role as a teacher is to meet people where they are in this moment and to set up a safe space where individuals and groups can let go and explore.

Itinerary

On Friday evening participants arrive for 7pm where they are greeted with a delicious vegetarian buffet served in a log-burning diner surrounded by new friends. Then there is an Opening Circle with a chance to prepare our body and mind for the weekend. Saturday morning there is a 7am yoga practice before breakfast with an optional early-bird Five Tibetan Kundalini practice at 6:30am. At 1:00pm a tasty vegetarian lunch is served followed by free time for the pursuit of such fun activities as getting in The Quaives wood fired Finnish hot tub, massage and walking. Before dinner we will have restorative yoga followed by a beautiful vegetarian dinner plus an evening guided visualisation and meditation to complete our first day. Sunday is a delicious repeat of the Five Tibetan option followed by yoga before breakfast and then free time until lunch. In the early afternoon there will be a yoga practice leading into a Closing Circle marking the end of our Mini-Retreat. People then have time to commence travel home shortly after 4.00pm and so arriving at your destination feeling the benefit of a magical weekend.

This Mini-Retreat is open to all levels including beginners with more experienced yogis and yoginis being introduced to new options and given the luxury of time and space. Throughout your retreat massage is also available with the option to pre-book once retreat attendance is confirmed.

Costs and Accommodation Options

Adult Dormitory

8 Single Beds (Adult Dormitory) with 3 toilets and showers - £400 pp

Fuchsia Cottage

Twin Bunk Bedroom with shared bathroom - £420 pp

Twin / Double Bedroom with shared bathroom - £440 pp

Songbird Cottage

Double or twin room with own bathroom and kitchen / lounge area - £590 pp

Bumble Bee Cottage

Double (king size bed) with own bathroom and kitchen / lounge area - £590 pp

*Single supplements for cottages available upon request.

How To Book

To book contact Jeannie by email jeannie@realrevolutionhealing.co.uk or telephone UK mobile +44 (0)7786 995399.

