

YOGA



STUDIO

ACTIVELY ALIVE

'Pure' Yoga Retreat

June 10-12th 2022

The Quaives, Seaton Road, Canterbury, CT3 1RU

YOGA



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Please NOTE: All EarlyBird prices you see are ONLY available up until 31st January 2022.

Once spaces are filled, they are filled. We will assign rooms and spaces on a first come first serve basis and will only be confirmed upon the FULL DEPOSIT paid.

Accommodation sharing can be arranged if you are planning to come along solo & would like to share

All deposits are NON-REFUNDABLE

BOOKINGS OPEN ON JANUARY 3RD, WE CANNOT RESERVE SPACES

3 X DAYS / 2 X NIGHTS

More than a staycation...

Our 3 day and 2 night retreat is perfect for the person that wants to nestle into countryside, yet have luxurious comforts. With scandi interiors & heated floors at The Quaives, you'll feel deeply at home. With yoga classes at your front door & nourishing food to enjoy, you will experience pure nourishment for the mind, body, energy & soul & deep rejuvenation.



THIS RETREAT IS IDEAL FOR:

The person that:

- Loves yoga / mindfulness & looks forward to having time to indulge in 90min practices
- Is looking for a fully immersive weekend to dive into all things holistic & self care
- Wants to come along solo or with friends to be with other like minded individuals who value taking this time for themselves too



WHAT'S INCLUDED?

- 3 Days & 2 Nights accommodation
- Arrivals from Fri 2pm // Check out from Sun 4pm
- Single occupancy or sharing rooms available with robes available
- All yoga equipment
- All meals & snacks
- Fireside intention setting (weather depending)
- 3 x 90min Yoga Practice
- 1 x 90min Yoga & Gong / Crystal bowl Sound Bath
- Use of tennis courts & grounds





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BUMBLEBEE COTTAGE

1 x King Bed
Private Kitchen Lounge
Private Bathroom

*Would be suitable for a couple wanting to share the same bed

Single Occupancy: £670

Earlybird: £620

Couples price: £570pp

Early bird: £520pp

Deposit: £199 to secure the Bumblebee Cottage





ACTIVELY ALIVE

SONGBIRD COTTAGE

1 x King Bed / or 2 Single Beds

Private Kitchen Lounge

Private Bathroom

Single Occupancy: £670

Early bird: £620

Shared: £570 per person

Early bird: £520 per person

Deposit: £199 to secure the Songbird Cottage





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FUSCIA COTTAGE

2 Bedroom Cottage

Shared Kitchen Lounge // Shared Bathroom

ROOM 1

King Bed: £570

Early bird: £520

*Suitable for a couple wanting to share the same bed

Couples price: £470

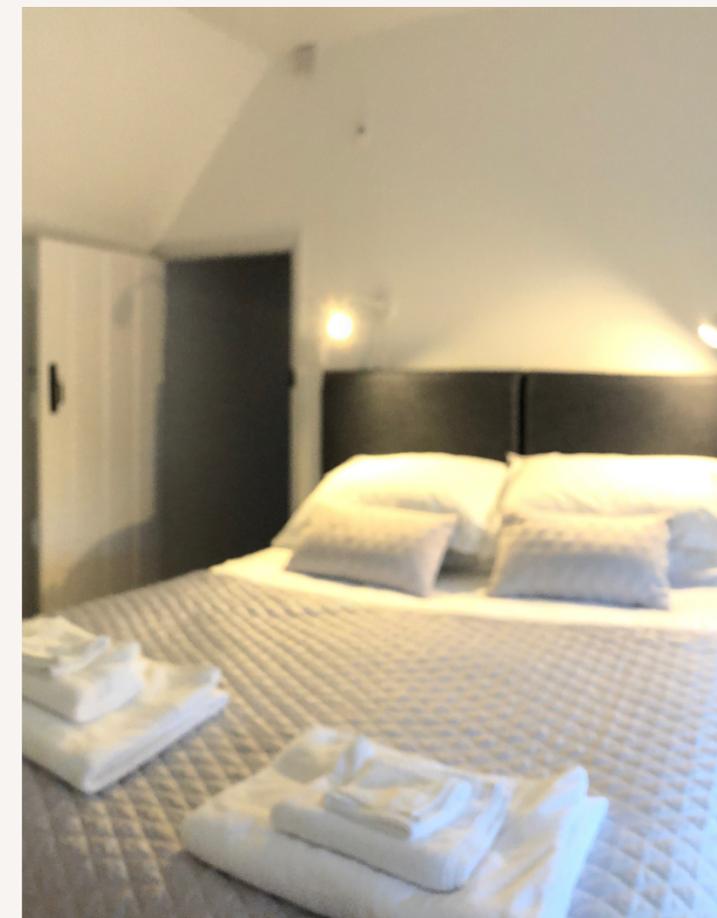
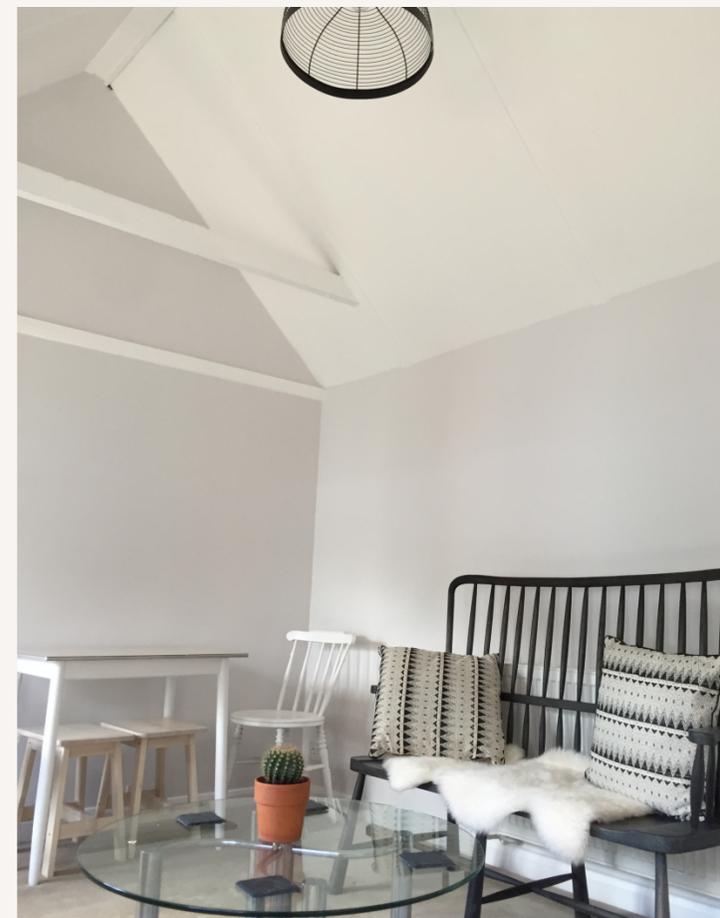
Early bird: £420

ROOM 2

Bunk bed: £420 per person

Early bird: £370 per person

Deposit: £199 to secure the Fuscias Cottage





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KULA DORM

8 x bed scandi dorm

Shared Bathroom

Each Bed: £370

Early bird: £320

Deposit: £199 to secure the Kula Dorm





TREATMENTS TO BOOK

During your stay in the free time on the schedule we will be connecting you with our specially selected holistic therapists & practitioners should you choose to indulge in some extra self care. You can choose from (subject to change):

- Thai Massage
- Beauty Treatments
- 1-2-1 Sound Bath

These treatments must be booked in advance of up to 14 days on the retreat to ensure our therapists can book you in



ACTIVELY ALIVE

FAQ

I've never done yoga, can I still come?

We do recommend you get some yoga practice in before coming along. The practice will be modified to suit different levels, however the nature & style of the practices will be aimed for those who have more of a regular practice and familiar with flowing on the mat. We ultimately want you to get the most out of your weekend with us if you want to come along!

I can't book on the 3rd Jan, can I still come?

Retreat spaces are limited, so as long as the space is available you can of course still come along! Early Bird will be on until 31st Jan, and you just need the deposit to confirm. However, once spaces are filled they are filled. We hope you can join us!



FAQ

What style of yoga will it be on the retreat?

It will be primarily Vinyasa Flow based, however you will have tastes and doses of Yin Yoga, Meditation Practice, Mantra & Pranayama all included.

What is there to do in my time off if I don't want to book a treatment?

You will have full use of the tennis courts, sun loungers & grounds. Ickham is a beautiful place for walks too. The retreat is in June so the sun should be shining for some outdoor lounging, reading, or activities.



WANT TO SECURE A SPACE?

EARLY BIRD PRICING IS ONLY AVAILABLE UNTIL 31st JANUARY 2022

- Please email us and let us know what room you'd like to book on your retreat, we will then send you the relevant booking link to secure that room
- A non-refundable £199 deposit must be made to secure your space
- Full payment to be made 6 x weeks before your retreat date (2nd May 2022)