

YOGA & MINDFULNESS RETREAT at LANGDON COURT MANOR



FRIDAY 15th SEPTEMBER - SUNDAY 17th SEPTEMBER 2023

Nestled amidst the Devonshire countryside, this retreat offers a space away from the demands of everyday life.

Immerse yourself in an atmosphere of serenity and harmony as experienced yoga instructors guide you through various practices tailored to all levels.

Discover the art of mindfulness, quiet the mind, and tap into the stillness within through guided meditations and contemplative beach walks.

Engage with the natural world around you through a foraging course, where you'll learn to identify and gather wild plants, connecting with nature in a deeply profound way.

Embrace the power of crystals - you'll explore their healing energies, learn about their properties and experience their transformative potential.











Friday:

11:00 Arrive at Langdon Court

12:00 - 13:00 Welcome to Langdon Court

13:00 - 14:00 Lunch

14:00 - 17:00 Beach walk Followed by Tea ceremony

18:00 - 20:00 Dinner

20:00 - 21:00 Evening wind down Yin Yoga & Meditation

Saturday:

08:00-09:00 Breathwork & Gentle Morning Flow

09:00 - 10:00 Fresh Tea & Breakfast

10:00 - 13:00 Foraging with Robin.

13:00 - 14:00 Lunch

14:00 - 17:00 Crystal Healing workshop

1700 - 1800 1 Hour Yoga Flow/ Dynamic/Ashtanga

1800 - 2000 Dinner (with Michelin-star foraging chef)

2000 - 2100 Sound bath, Evening wind down Yin Yoga

& Meditation

Sunday:

08:00 - 09:00 Breath-work & Gentle Morning Flow

0900 - 10:00 Fresh Tea & Breakfast

11:00 - 12:00 Goodbyes

Whether seeking physical rejuvenation, mental clarity, emotional healing, or spiritual awakening,
this holistic retreat will nourish your body, mind, and spirit, renewing you, revitalising, and align-
ing with your truest self.



The retreat is £655, which includes all of the classes and treatments over the two days.

On top of the retreat, at an additional charge, you can choose from various bedrooms, each beautifully renovated to a high standard with its own unique charm and stunning views of Langdon Court Gardens and the beautiful Devonshire countryside.

Room rates below *minimum two night stay

Room Rates:

SUITE 1 features a superking bed, freestanding shower & bath, dressing room £750

ROOM 2 features a superking bed, shower £595

ROOM 3 features a superking bed, freestanding shower & bath £595

ROOM 4 features 2 single beds, shower £295

ROOM 5 features a kingsize bed, freestanding bath, seperate dressing room £495

FAMILY SUITE 6 features a superking bed plus 2 single beds and a bath £695

ROOM 7 features a kingsize bed, freestanding bath £445

ROOM 8 features a double bed, shower £445

ROOM 9 features a kingsize bed, freestanding bath £445

ROOM 10 features a superking bed, freestanding bath £445

ROOM 11 features a superking bed, bath £445

ROOM 12 features a superking bed, shower £445

THE BELL TOWER ROOM features a single bed, freestanding bath £295

ROOM 14 features a single bed, freestanding bath £195

ROOM 15 features a single bed & en-suite bathroom £155

^{*}minimum 2 night stay | all prices are subject to VAT









To find out more or to book your place on this beautiful retreat, please contact: Ellie Shore.

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