

The Spring Reset

UNBLOCK.RELEASE.RENEW

**WE SPRING CLEAN OUR HOMES,
WHAT ABOUT OUR MIND & OUR BODY?
COULD YOURS DO WITH AN INTERNAL CLEANSE?**

HALF DAY RETREAT

4TH APRIL 2026

9.30 AM TO 1.30 PM

INVESTMENT: £65.00

LADY MARGARET HALL
WELLBECK ESTATE
WORKSOP S80 3NB

TO BOOK CONTACT
JO ON 07971969759



The Spring Reset

UNBLOCK. RELEASE. RE-NEW IS YOUR SYSTEM STUCK ON 'PAUSE'?

WHEN OUR NERVOUS SYSTEM IS OVERWHELMED, OUR LYMPHATIC SYSTEM STAGNATES, OUR BODY FEELS IT FIRST & OUR MENTAL HEALTH OFTEN FOLLOWS. IF YOU ARE STRUGGLING WITH FATIGUE, BLOATING, OR A LACK OF "GET UP & GO," YOUR BODY'S NATURAL DRAINAGE & DEFENCE SYSTEMS MAY BE STAGNANT & STUCK IN A CYCLE OF CONGESTION.

BY COMBINING YIN YOGA, CACAO & SOUND HEALING, WE AREN'T JUST RELAXING, WE ARE PERFORMING A FUNCTIONAL SYSTEM RESET. WE MOVE THE FLUID, WE VIBRATE THE CELLS, AND WE QUIET THE MIND TO ALLOW YOUR NATURAL "GET UP & GO" TO RETURN. THIS IS MORE THAN A RETREAT; IT IS A FUNCTIONAL BODY & MIND CLEANSE. WE ARE MOVING BEYOND SURFACE-LEVEL RELAXATION TO PHYSICALLY & ENERGETICALLY "UNBLOCK" THE PATHWAYS THAT KEEP YOU FEELING VIBRANT.

THE JOURNEY TO ZEN: THE SCHEDULE

09:00 | ARRIVAL & GROUNDING

ARRIVE AT THE BEAUTIFUL LADY MARGARET HALL. SETTLE IN WITH A WARM HERBAL TEA, FIND YOUR SPACE & BEGIN TO LEAVE THE NOISE OF THE WEEK BEHIND.

09:30 | THE PHYSICAL FLUSH: YIN & SOMATIC MOVEMENT

90 MINUTES OF GENTLE YIN MOVEMENT, BREATHWORK & MANUAL LYMPHATIC TECHNIQUES. YIN TARGETS THE DEEP CONNECTIVE TISSUES & HELPS TO RELIEVE STIFFNESS, TIGHTNESS, TENSION & JOINT ACHE, ENABLING BETTER RANGE OF MOTION & ENHANCED MOBILITY.

11:00 | NATURE IMMERSION

A MINDFUL WALK THROUGH THE HISTORIC WELBECK ESTATE. THIS MINDFUL IMMERSION IN NATURE ACTS AS A PALETTE CLEANSER FOR THE LUNGS & MIND, TOPPING UP YOUR OXYGEN LEVELS & GROUNDING YOUR ENERGY.

11:30 | THE HEART OPENING: CACAO & GRATITUDE CEREMONY

USING THE GENTLE PLANT MEDICINE OF CACAO TO INCREASE CIRCULATION & OPEN THE HEART, WE TRANSITION INTO A SPACE OF EMOTIONAL RELEASE. CACAO INCREASES BLOOD FLOW & OPENS THE HEART, ALLOWING YOU TO FIND CLARITY & THE ANSWERS TO QUESTIONS YOU'VE BEEN CARRYING.

12:15 | THE CELLULAR RESET: SOUND BATH & MEDITATION

SURRENDER TO A RESTORATIVE SOUND BATH. WHILE THE FREQUENCIES VIBRATE THROUGH EVERY CELL TO FURTHER "UNCLOG" ENERGETIC BLOCKS, YOU WILL BE GUIDED THROUGH A MEDITATION DESIGNED TO BRING YOU INTO A STATE OF TOTAL STILLNESS & PROFOUND CALM.

13:00 | NOURISH & FLOAT

CONCLUDE WITH LIGHT, NUTRITIOUS SNACKS DESIGNED TO SUPPORT YOUR BODY'S DETOX PROCESS. LEAVE FEELING LIGHTER, CLEARER & COMPLETELY ZEN.