

RIVERSDALE LODGE

The Healing Health Joy Collective invites you to our new riverside retreat centre, Riversdale Lodge, on the Thames at Bourne End, just 40 minutes from London.

Join our amazing team of wellness practitioners for three days of Yoga, Breathwork, Meditation, Singing, Ecstatic Dance, Social Dining and truly exquisite Vegetarian food.



Healing
Health Joy
Collective

Friday 7th - Sunday 9th July

THE EXPERIENCE

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Do as much or as little as you like, as you take in the stunning location, relax in luxury accommodation, enjoy healthy, delicious food and allow the hustle and bustle of the outside world to melt away.

We are bringing together our wonderful team of wellness practitioners for the weekend, to share a full programme of classes across 3 days, to enjoy balanced, nutritious food and relax and recharge in this very special place by the water.



THE HOUSE

Set on the banks of the Thames, facing West towards Winter Hill, Riversdale Lodge is a magical place, an exceptional sanctuary of peace and calm.

Here you will find privacy, community and yourself.

With 6 teachers here to help you reconnect to your natural rhythms and energy, you will leave refreshed and energised.





Originally built in 1890, this historic, charismatic house has just been beautifully renovated to incorporate every luxury, including underfloor heating throughout.

In addition to the wonderful top-lit studio, there are several spacious living rooms, including the wonderful communal kitchen living room, a cosy drawing room with a log burner; and a library with a study area, ideal for art work.



THE RIVERSIDE GARDENS

A long, tree-lined garden stretches from the house all the way to the river's edge, ending in a large jetty overlooking the Thames and Cookham Moor beyond. The large, flat lawn is an idyllic location for outdoor yoga. The riverside kitchen is equipped with an oven, an induction hob, a sink, and a fridge, as well as a complete tea service.





The river is home to 42 different species of birds, including our two swan families who will greet you as you lounge under the weeping willow. The moorlands are a peaceful background to the jolly sight of boats gliding up and down the river.

And if you want to join them, you will find paddleboards, a canoe and life jackets in the boatshed.

You can also use our jetty and slipway to enter the water to enjoy wild swimming or feel the healing effects of cold water therapy.





The glazed wall of the communal kitchen opens directly to a spacious limestone terrace, centred on a calming reflection pool. This area can comfortably accommodate 20 in teak outdoor furniture including 2 daybeds, 2 armchairs and around a large table. There is also a fire table and a BBQ.

There is another fire pit on the jetty, perfect to enjoy the sun setting over the river.

At the end of the garden is the Meditation Orb, a warm, cosy space lit by twinkling lights, perfect for individual or small set group meditation, looking out onto the river. The Orb also features an infrared mat*.

Above the studio is the roof garden planted with medicinal herbs and fresh vegetables. The sun graces the roof garden from the early morning, making this an ideal spot for a quiet tea to start the day.





THE BEDROOMS



The bedrooms are finished to the highest standard, with single beds, beautiful decor and luxurious carpets with underfloor heating. The bathrooms are spacious and superbly fitted with marble surfaces and Italian fittings.

The River Suite - This is the principal suite, adjacent to the idyllic roof terrace and with stunning views down the garden to the river. It is over 700 square feet, has a superking size French bed, a freestanding stone bath and a luxurious ensuite with a two-person shower. 2 additional beds can be added to this room to make it suitable for four.

Robin - An airy vaulted room with 3 single beds and ensuite. This room faces west and south.

Heron - The historic master suite, this large room offers one double and two single beds and an ensuite. The room faces south and west and looks down to the river.

Red Kite - This room faces east, and is bright and airy. It has 2 single beds and an ensuite.

Grebe - This room faces east and is bright and airy. It has 2 single beds with access to a shared bathroom that has both a shower and a bath.

Kingfisher - A bright, double-aspect room with 3 single beds and access to a shared bathroom with both shower and bath.

Peacock - Situated on the ground floor, with a large south-facing window and also windows to the east. This bright room can have 2 single beds and has access to a shared shower room. It is spacious and also includes a table for 4.

Snowy owl - Situated adjacent to the studio, this room can be set up as a games room with sofas and a table tennis table, or as a bedroom. When set up as a bedroom, it offers 2 single beds and has access to a shared shower room.

Kestrel - Directly off the studio, this room can be set up as a cinema room, with a TV, sofas and love chairs, or as a bedroom with 2 single beds and access to a shared shower room.



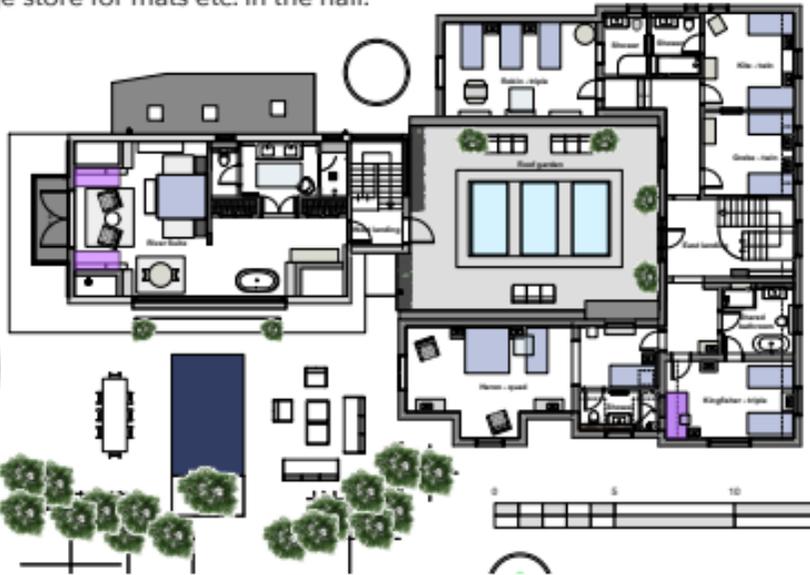
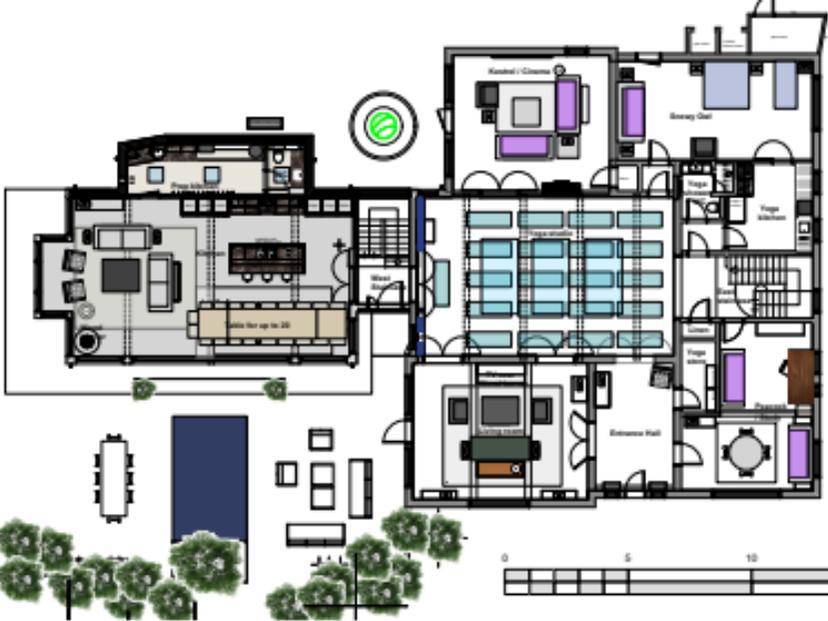
< GROUND FLOOR



The entire ground floor is finished in smoked oak over underfloor heating.

The studio is at the heart of the house and can accommodate 20 mats plus teacher.

There is a convenient WC off the studio and a large store for mats etc. in the hall.



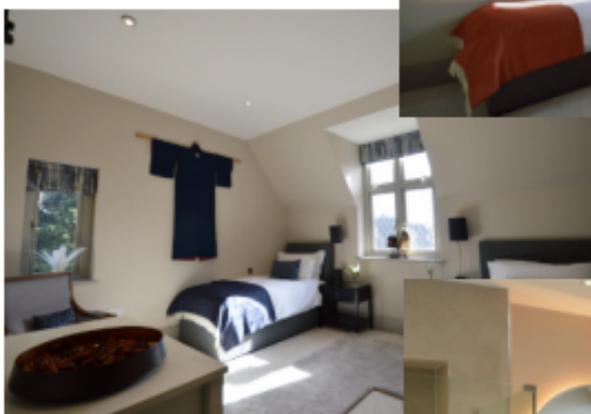
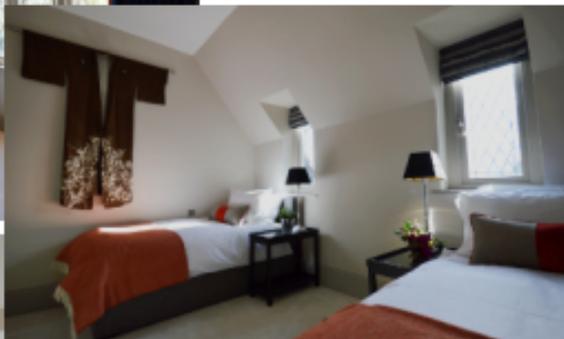
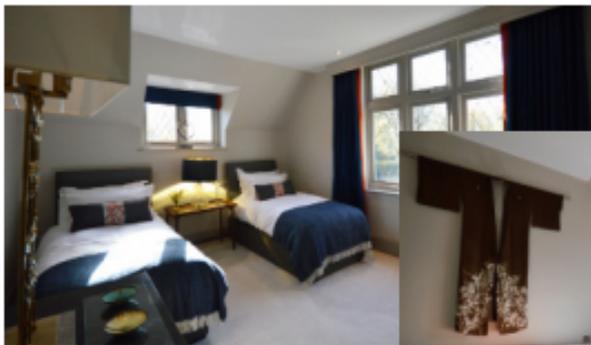
The study, games room and cinema can all be used as extra bedrooms with luxurious Sleepzee mattresses in place of the sofas.

The main roof garden is accessed from both landings and is the perfect sun trap, while the river suite has a private balcony.

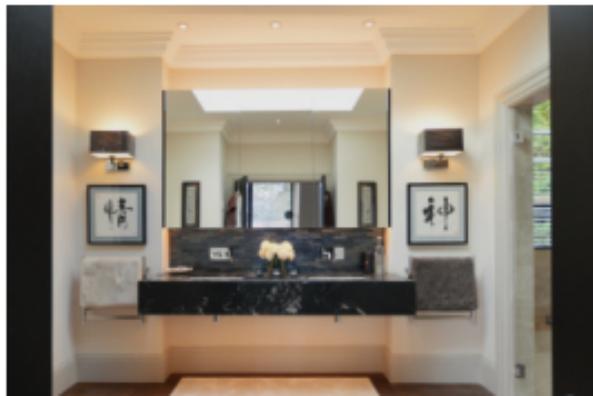
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LUXURIOUS ACCOMODATION

Our bedrooms feature superb Sleepzee beds with beautiful soft bedding and luxurious heated carpets. The River Suite is exceptional, with stone tub and wonderful views of the river.



The newly fitted marble bathrooms have elegant Italian fittings, heated oak floors and the softest towels.





THE FOOD

The main kitchen is a wonderful light communal space, with plenty of room to connect to your fellow guests.

Sharing good food is central to our lives - we are passionate that food should be both a joy to experience and a positive medicine, with the right nutrients to power your body to strength and health - all of the pleasure with none of the guilt!

We create delicious and nourishing food, leaving you feeling satisfied and energised for the day.





YOUR HOSTS

Riversdale Lodge is a family-run retreat centre, supported by the wonderful members of the Healing Health Joy Collective, a community of like-minded wellness practitioners.

Romeo is our resident Support Cat who defines being comfortable in his own skin - and always ready for a cuddle!

Your weekend programme can be as full as you want it to be: if you need to take time to chill out by the water, that's just fine - this time is for you.

The Healing Health Joy Collective is a collective of teachers and practitioners that has grown organically to bring together a local community in search of Healing, Health and Joy. What started as a few yoga classes has grown to encompass support groups, pop-up dinners, dancing, singing, talks and retreats and a growing community of those who want more joy in their lives!

For more info on all the teachers please look at:
www.healinghealthjoycollective.co.uk/our-teachers



Available to book by the day, or as a residential weekend with earlybird prices from £495pp

Connection Evening Retreat - Friday 7th July - £55

4:00pm Welcome, with tea and cake
5:00pm Gentle Yoga Flow with Fiona Mack
6:30pm Drinks on the river
7:00pm Social supper
8.00pm Kirtan around the fire with Emily Cobie

Health Day Retreat - Saturday 8th July - £155

8:00am Morning Meditation with Nicky Savage
9:00am Breakfast
10:30am Yoga for Energy and Vitality with Patricia Singh
1:00pm Lunch and Relaxation
3:00pm Sacred Ecstatic Dance with Davinder Ojalla
4:30pm Tea and cake
6:30pm Drinks on the river
7:00pm Social supper
8:30pm River of Song with Lisa Doscher

Healing day retreat - Sunday 9th July - £155

8:00am Awakening Song with Lisa Doscher
9:00am Breakfast
10:30am Embodied Soul Ecstasy with Davinder Ojalla
1:00pm Lunch
2:30pm Oxygen Advantage® Breathwork with Fiona Mack
5:00pm Self-Belief Boost with Katie Reay
7:00pm Social supper



RIVERSDALE LODGE

LOCATION

Riversdale Lodge, Riversdale, Bourne End, SL8 5EB
Just off junction 2 of the M40 and junction 7 of the M4
40 minute drive from Notting Hill

Nearest train stations are Bourne End (15 min walk)
Beaconsfield (20 mins from Marylebone plus 15 min taxi)
Maidenhead (40 mins from Paddington plus 15 min taxi).

BOOKING

Please book online or email us for availability



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