



## Yoga Retreats

Detach from the rigours of modern, urban life and benefit from a complete wellness experience. A thorough three-day yoga retreat will leave you feeling refreshed and reinvigorated with a combination of classes, healthy dishes and optional spa therapies.

### Yoga Retreat Days

20th – 22nd January 2019

17th - 19th March 2019

19th – 21st May 2019

23rd – 25th July 2019

15th – 17th September 2019

### Itinerary

#### Sunday

14:00	Arrival, followed by afternoon refreshment and mingling
15:00	Yoga Class
19:00	Dinner
21:00	Gentle yoga and evening relaxation



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### Accommodation

#### Shared Barns

Singles or couples sharing barns with other guests

Barn	Beds	Price
Farmhouse	4 Beds Up to 8 guests	£350 per person (Single) £600 per couple
Roost	2 Beds Up to 4 guests	£350 per person (Single) £600 per couple
Stables	2 Beds Up to 4 guests	£350 per person (Single) £600 per couple
Burrow	2 Beds Up to 4 guests	£350 per person (Single) £600 per couple
Cow House	2 Beds Up to 4 guests	£350 per person (Single) £600 per couple



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### Private Accomodation One person or a couple

Barn	Beds	Price
Granary	1 Bed Up to 2 guests	£450 per person (Single) £600 per couple
Hayloft	1 Bed Up to 2 guests	£450 per person (Single) £600 per couple
Piggery	1 Bed Up to 2 guests	£450 per person (Single) £600 per couple
The Set	1 Bed Up to 2 guests	£450 per person (Single) £600 per couple
The Den	1 Bed Up to 2 guests	£450 per person (Single) £600 per couple
The Nook	1 Bed Up to 2 guests	£450 per person (Single) £600 per couple

### Book Today

Due to the limited number of barns we have at Retreat East we recommend that you secure your package booking as soon as you can, as availability is minimal. Experience the luxury of Retreat East for yourself and feel the benefit of relaxation and reinvigoration.

[Book now](#)

To book, click the button above or visit: [www.pressi.co.uk/product/retreat-east/](http://www.pressi.co.uk/product/retreat-east/) and select the Valentines Escape package. Subject to availability, the management's decision is final.

Alternatively call the on-site team on 01449 760 480 or email [unwind@suffolk.farm](mailto:unwind@suffolk.farm).