

LUXURIOUS BUCKINGHAMSHIRE WELLNESS RETREAT

WITH STEVE MCGOLDRICK

Friday 13th to Sunday the 15th

Of September 2024



Namaste

Hello everyone,

This is Steve, and I wanted to extend a special invitation to all of you for a retreat I am organising in Buckinghamshire. The retreat will take place over the weekend of September 13th at a stunning house with breathtaking views of the River Thames and its own yoga studio.

During the retreat, I will be leading a mixture of yoga, bodyweight training and I have gathered an incredible team of professionals to join me. We will have the pleasure of working alongside the talented vegan chef Toni, as well as experienced sound bowl practitioners, and many more inspiring individuals.

Allow me to share some pictures of the beautifully designed rooms and the house itself. We have a variety of options available, with different bedding configurations.

It would mean a lot to me if you could join us for this unforgettable experience. Please let me know if you have any questions or if you'd like to RSVP. I will be more than happy to provide you with further details.

Thank you, and I hope to see you there!

Best regards,

Steve

**Beautiful vegan food from Toni
@feed_me_momma**



**Vinyasa Yoga & Workshops
From Steve**



Classes and sound healing in this stunning studio



Title



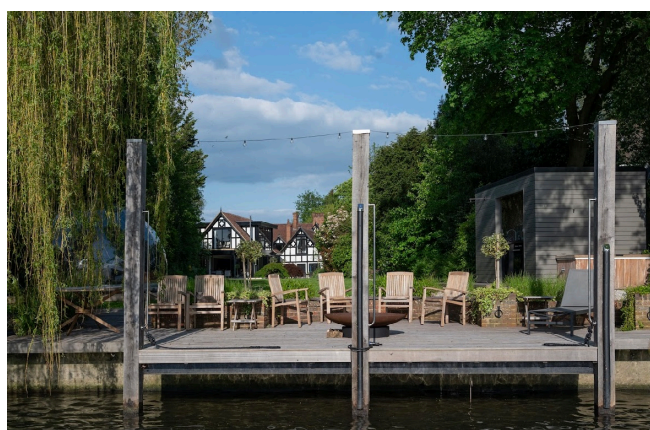
Title



The grounds



The grounds surrounding the property are truly a sight to behold, showcasing lush greenery and captivating natural beauty. Immerse yourself in the tranquil ambiance as you explore the stunning landscape. Additionally, if the weather allows, you have the opportunity to enjoy a refreshing and invigorating swim in the waters of the river. Take a dip and embrace the serene atmosphere for a truly unforgettable experience.



What's included in the retreat:

2 nights stay in a luxury, waterfront house

Deliciously, nourishing plant based meals with our private retreat chef

Unlimited fresh & loose leaf teas & coffees

Wake up the body & the mind with morning Vinyasa yoga & meditation practices

Sound Healing sessions

Swim's in the river.

Free time to relax in nature/go for a walk

A nourishing break for you to connect with yourself and like minded souls

Here's a rough timetable for your retreat:

FRIDAY:

- 4:00 PM: Arrival and check-in
- 5:30 PM: Yoga and meditation session
- Followed by a delicious dinner.
- 8:30PM Alchemy sound bowls.

SATURDAY:

- Morning: Start the day with invigorating califlow a mixture of bodyweight training yoga.

- Brunch: Enjoy a nourishing and wholesome meal

- Afternoon: Indulge in a delightful snack to keep your energy levels up

- Workshop/Chill/Walk/Massage: Engage in a workshop, take leisurely walks in nature, relax, or treat yourself to a rejuvenating massage

- Savour a special Dining Experience with a carefully curated meal

- Evening: Experience a soothing combination of yin yoga and a transformative Sound Bath session

SUNDAY:

- Morning: Begin the day with another refreshing Vinyasa yoga and meditation practice

- Brunch: Delight in a satisfying brunch to fuel your day

- Departure: Depart by 3:00 PM, feeling rejuvenated and ready to carry the retreat's positive energy into your daily life

This timetable provides a framework for your retreat, with carefully planned activities and ample time for relaxation and self-reflection.

Grebe 2 Single beds



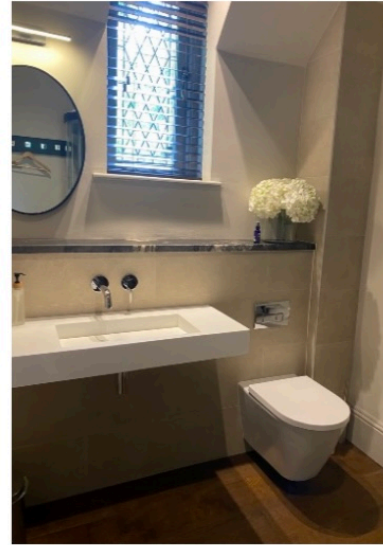
Immerse yourself in the comfort of the Grebe Room, where you'll find two cosy single beds priced at just £600 per person. This room has a shared bathroom down the hall. Don't miss out on this opportunity to reserve your stay and experienced the ultimate comfort of the Grebe Room.

Kite
THIS ROOM IS BOOKED
2 Single beds with en suite.



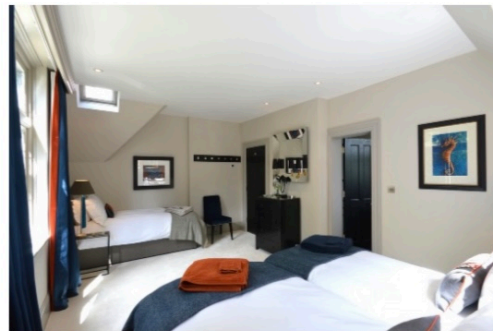
Experience pure comfort and convenience in the Kite Room. This inviting space features two cozy single beds, each thoughtfully designed for a peaceful night's sleep. With the added luxury of an ensuite bathroom, you can enjoy privacy and ease during your stay. Priced at just £650pp, this room offers exceptional value for the unparalleled experience it provides. Immerse yourself in the tranquil ambiance, take advantage of our top-notch amenities, and reserve your stay in the Kite Room today for an unforgettable and rejuvenating retreat.

Robin
3 Single beds with en suite



Discover the Robin Suite—a quaint and inviting space perfect for individuals or small groups. With three comfortable single beds and a convenient ensuite bathroom, you'll have everything you need for a delightful stay. Priced at just £600 pp, this suite offers exceptional value and grants access to our top-notch amenities and services. Don't miss out on this wonderful opportunity—reserve your stay today and experience all that the Robin Suite has to offer.

Kingfisher 3 Single beds with en suite



Treat yourself to the ultimate comfort and convenience of the Kingfisher Room. This spacious accommodation boasts three cozy single beds, ensuring a restful night's sleep for each guest. The room also offers the luxury of an ensuite bathroom (shared with grebe), providing privacy and convenience throughout your stay. Priced at just £550 per person.

Heron
THIS ROOM IS BOOKED
1 super king and 2 single bed's



Welcome to the Heron Room, a spacious and inviting sanctuary designed for your utmost comfort. This room is perfect for a group of three, with a combination of a luxurious super king bed and a cozy single bed the cost would be £625 per person. With the added convenience of an ensuite bathroom, and views of the river privacy and convenience are guaranteed throughout your stay. Immerse yourself in the serene ambiance of the Heron Room, take advantage of our exceptional amenities and services, and reserve your stay today for an unforgettable and rejuvenating experience.

To secure your space, a deposit of 50% is required, and the full payment must be made 4 weeks prior to the retreat. For additional information, please feel free to contact Steve at 07710548175 or email him at theveganant@gmail.com.

