

Women's Wellness Retreat Weekend

Wye Valley 26th-28th June



INCLUDING, BUT NOT LIMITED TO:

- ✓ 3 day accommodation
- ✓ Daily Yoga & Meditation
- ✓ 3 nourishing veggie Sattvic meals per day
- ✓ A BBQ and Ecospa night – Sauna and Hot tub
- ✓ Deep self-inquiry, asking the question “who am I really?”
- ✓ Guided nature walks
- ✓ Bonfire Cacao Ceremony
- ✓ Women's Mind Mastery – talks & practical teachings

Prices starting at just £400pp.

Book your space at www.bookwhen.com/jaqui or send me a message

Women's Wellness Retreat Weekend

Intention & Invitation

This retreat is an invitation for you to turn your attention back towards yourself. The focus will be to connect to the silence within and deepen your inner awareness. And we will do this through nourishing yoga practises, deeply introspective meditations, along with workshops, rituals and nature walks. And the result? To feel calm and confident in your own skin, to feel connected in the sacredness of our group, and to feel safe to be yourself fully.

Take a break from the busyness of life. Slow down, and come home to the still, peaceful essence that lies within you. And when you connect to that essence - your natural and spontaneous light will shine through authentically.

What to expect?

Deeply restorative, yet empowering and strengthening yoga sessions, introspective guided meditations, insightful workshops, a bonfire ritual, an ecospa under the stars (sauna and hot-tub), nourishing ayurvedic-style meals, cosy glamping accommodation, and memories & connections that will last a lifetime

It's a chance to be free, perhaps even a bit wild - without judgement.

YOU are welcome here.

Jaqui x

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Programme Example

FRIDAY 26TH JUNE

2pm - Arrive & settle
3pm - Opening circle
4pm - Meditation
4.30pm - Yoga Class
6pm - Evening walk
7pm - Dinner
8pm - Bonfire Ritual

SAT 27TH JUNE

8am - Meditation & Yoga
10am - Breakfast
11.30am - Nature walk
2pm - Lunch
3.30pm - Workshop
5pm - Evening yoga
6pm - Ecospa & bbq

SUN 28TH JUNE

Optional sunrise walk
8am - Meditation & yoga
10am - Breakfast
11.30am - Workshop
1pm - Final circle



This itinerary is an example - all of the above will be included, but the timings may be different.

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Full Accommodation Info

Bring your own tent or camper

Offering the option to bring your own van or tent!

Use all the facilities on site including toilets and showers while also enjoying the luxury of being fully catered for and taking part in the full programme of the retreat.

£400PP



Women's Wellness Retreat Weekend

Full Accommodation Info

18ft Yurt

The large yurts can accommodate up to 4 single beds. Lovingly styled and furnished to reflect the woodland surroundings, fresh linen and a wood burning stove to keep you snugly and warm. Outside is a self-contained kitchen (not that you will need it as the retreat is fully catered) with compost toilets, flushing toilets and showers nearby. There is also a quirky horsebox shower with plenty of hot water.

£495PP - *BASED ON 4 PEOPLE SHARING*



Double accommodation available upon request.

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Full Accommodation Info

12ft Yurt

Similar to the 18ft yurt, however slightly smaller and can be made up as a double or 2 singles. Lovingly styled and furnished to reflect the woodland surroundings, fresh linen and a wood burning stove to keep you snugly and warm.

EARLYBIRD PRICE - £525PP - *BASED ON 2 PEOPLE SHARING*



Single accommodation available upon request.

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Full Accommodation Info

The Shepherd's Hut

A new offering at the retreat center - a cosy shepherd's hut - available for 1 or 2 people. Can be made into 2 singles.

EARLYBIRD PRICE - £525PP

BASED ON 2 PEOPLE SHARING



Not actual image - this is a new addition for spring 2026

Single accommodation available upon request.

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Full Accommodation Info

Room With a View

The room with a view is fully self-contained with a stunning view over The Wye Valley. The room can be made up as 2 singles or a double. This modern room has all the creature comforts including its own kitchenette, as well as a toilet and a shower.

£590PP - *BASED ON 2 PEOPLE SHARING*



Single accommodation available upon request.

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Group Booking Discount

GROUP BOOKINGS
OF 4 OR MORE
RECEIVE A 10%
DISCOUNT



With me →
Your host &
friend, Jaqui x



I am immensely excited to share this experience with you!

FAQs

Q: Where is the retreat held? A: The retreat takes place in the beautiful Wye Valley. Full address and directions will be sent upon booking confirmation.

Q: How many people will be attending? A: The retreat is limited to just 13 guests, ensuring an intimate and nurturing experience.

Q: How do I book my place? A: You can book via www.bookwhen.com/jaqui or Simply email me at info@jaquirungay.com and I will send bank details.

Q: How much is the deposit? A: A deposit of 50% is required to secure your place. The remaining balance is due by 27/04/2026.

Q: Can I choose who I share with? A: Absolutely! If you're booking with a friend, let us know and we'll arrange for you to share. Solo travellers will be matched with like-minded guests.

Q: Is there heating in the accommodation? A: Yes! The yurts have cosy wood-burning stoves, and the Room with a View has modern heating. We provide fresh linen and extra blankets.

Q: Are there toilet and shower facilities? A: Yes – there are flushing toilets, compost toilets, and showers on-site (including a quirky horsebox shower with hot water!). The Room with a View has its own private en-suite.

Q: What food is provided? A: All meals are included – nourishing, wholesome, and delicious! Expect hearty breakfasts, light lunches, and satisfying evening meals, plus snacks and refreshments throughout the day.

Q: Can you cater for dietary requirements? A: Yes! We cater for vegetarians and can accommodate most dietary needs (vegan, gluten-free, dairy-free, allergies). Please let us know when booking so we can prepare accordingly.

Q: Do I need to be experienced in yoga or meditation? A: Not at all! Everything is suitable for complete beginners. My sessions are gentle, inclusive, and designed to help you clear the mind and open the heart.

Q: Is there free time? A: Yes. There will be downtime to explore the surroundings, journal, read, rest, or do whatever feels good for you!