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# Root to Rise

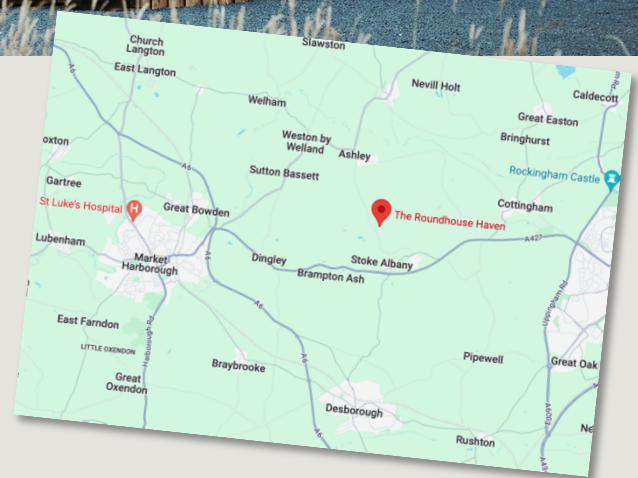
**3-Day Immersive Yoga Retreat in the East Midlands**  
**Fri 16<sup>th</sup> - Sun 18<sup>th</sup> May 2025**

A 3-day yoga retreat hosted at The Roundhouse - a beautiful and unique property Located in the heart of the English countryside. Nestled within rolling fields and trees it is a haven of peace, tranquillity and relaxation, and provides the perfect opportunity to reconnect with nature. The schedule offers a variety of yoga styles, including hatha, yin, restorative and meditation, based on a theme designed to encourage self-reflection and enhance wellbeing.



## Retreat Centre Location

The Roundhouse is located near Stoke Albany in Leicestershire. It provides an authentic countryside experience that will leave you feeling inspired and rejuvenated. Situated on land owned by a long standing, working farm, the Roundhouse has been carefully designed to provide a building that welcomes both people and nature.



The Roundhouse, or 'rotunda' is a handcrafted and bespoke timber framed eco building clad in beautiful, sustainably farmed British larch. The wildflower sedum roof perfectly balances with the private woodland surrounding the space.

# Yoga Practices

Daily yoga will be provided in the large circular room in the centre of the Roundhouse, overlooking private gardens via multiple doors opening out to lush green views. In addition, there is an outdoor veranda suitable for mindfulness and meditation practices. The schedule also includes time for relaxation, self-care, personal reflection and social connections.

The retreat combines a wide variety of yoga styles and practices, including:

- Yoga Philosophy
- Hatha Yoga
- Slow Flow Vinyasa
- Yin Yoga
- Restorative Yoga
- Yoga Nidra
- Pranayama / Breathing Practices
- Guided Meditations
- Mantra and Mudra
- Mindful Journaling / Discussion

Sessions are suitable for all experience levels, with adaptations and props used to support postures as and when appropriate. Students are encouraged to listen to their body and only do what feels nourishing and beneficial to them and their personal circumstances.

Each session follows the retreat theme: 'Root to Rise' designed to enhance wellbeing, personal development and transformation. Sessions will focus on establishing a strong, personal foundation, from which you can rise towards your best self. There will be time dedicated to building strength and resilience, as well as calmness and compassion, to enhance enthusiasm and clarity about the future direction of your life plans.



# Weekend Schedule

## Friday

- 14:00:** Arrive any time after 2pm, to settle in and get comfy before yoga. Afternoon homemade snacks and tea provided on the veranda or in the dining area, dependant on weather.
- 16:30:** Afternoon yoga: introduction to the theme, followed by a soothing practice combining time for reflection, mindful movements, pranayama, yin yoga, restorative yoga, and guided meditation
- 19:00:** Delicious buffet dinner, eaten in the dining room.
- 20:30:** The evening allows time for social connection, personal reflection and manta around an outdoor fire pit under the stars (weather permitting)

## Saturday

- From 7:** Breakfast buffet available from 7am (for early risers) until 9:30am in the dining area, followed by free time for rest, digestion, relaxation, socializing, walking, reading, etc.
- 10:00:** Morning yoga: a dynamic slow flow practice combining vinyasa yoga, pranayama (breathing) techniques, mudra and guided meditation, followed by the provision of optional journal prompts.
- 12:30:** Shared buffet lunch, eaten in the dining room, followed by free time for relaxing, self-care, reading, socializing, or exploring the local area.
- 15:00:** Afternoon homemade snacks and tea provided from the veranda or in the dining area, alongside an optional afternoon activity still to be confirmed.
- 16:30:** Afternoon yoga: another soothing practice with time for reflection, mindful movements, pranayama, yin yoga, restorative yoga, mantra, and yoga nidra.
- 19:00:** A buffet dinner served in the dining room.
- 20:30:** Silent disco in the trees and private grounds (or yoga space, dependant on weather).

## Sunday

- From 7:** Breakfast buffet available from 7am (for early risers) until 9:30am in the dining area, followed by free time for rest, digestion, relaxation, socializing, walking, reading, etc.
- 10:00:** Dynamic slow flow yoga practice combining vinyasa yoga, pranayama/breathing techniques, mudra and guided meditation, followed by the provision of optional journal prompts.
- 12:00:** Shared buffet lunch, eaten in the dining room.
- 14:00:** Afternoon yoga: a soothing practice combining time for reflection, mindful movements, pranayama, yin yoga, restorative yoga, mantra, and yoga nidra.
- 15:45:** Time for group reflections, homemade snacks and refreshments.
- 16:00:** Head home... OR alternatively stay and enjoy the Roundhouse and its beautiful surroundings for one more night (from £25pp B&B). Go on, why not treat yourself to an amazing Monday morning feeling!

# Accommodation

The Roundhouse is set in private gardens and lush greenery, surrounded by farmland and provides the perfect space to enjoy time together or time alone around the grounds. At the building's heart is a unique circular room for yoga practice, embraced by a curved kitchen dining area on one side and a double bedroom on the other. Accommodation for this retreat comes in a number of forms:

- Guests are welcome to bring their own tent or motorhome - electric hook-up can be provided.
- There are 4 bedrooms available on a single occupancy basis (though it would be possible to accommodate two people in a double room). There is a double room located in the Roundhouse itself, with an adjacent shower room. The other 3 bedrooms are located in the main house, within the same grounds – 1 small single room with an adjacent bathroom, and a further single room and a double room, sharing a bathroom.
- Up to three further guests can stay in glamping accommodation, nestled in the private grounds (with access to a shower room and toilet facilities close by).



# Food and Drink

All meals are vegetarian and prepared with fresh produce, love and attention. We can cater for vegans, allergies and gluten free diets, when given advance notice – please ensure you provide this information as soon as possible (e.g.: vegan, gluten free, lactose free, etc). Meals are served as buffets to ensure guests can satisfy their appetite and personal preferences. Fresh fruit, tea and coffee is made available at all times of the day.

**Breakfast:** The day starts with the option of fresh fruit, dried fruit, yoghurt, porridge, muesli, cereals, nuts, seeds, toast, spreads, and eggs, all served with a selection of juices, teas or coffee.

**Lunch:** After the morning yoga session we share a delicious vegetarian lunch, including a main dish, mixed green salad, and various side options.

**Snack:** Mid-afternoon, guests are offered a healthy, homemade treat, providing a boost of energy before the afternoon yoga session.

**Dinner:** A vegetarian evening meal, incorporating a variety of wholesome dishes and sides, catering for all preferences and appetites.



# What's Included:

- 2 night's accommodation at The Roundhouse retreat centre
- Buffet breakfast, juices and teas
- Morning yoga session, based on the daily theme
- Use of yoga mats and props, although you are more than welcome to bring your own equipment, if preferred
- Nutritious shared lunch
- Afternoon drink and snacks
- Afternoon/evening yoga session
- Delicious evening buffet meal
- Fresh water, tea and coffee and fruit
- Exclusive use of the Roundhouse venue and land
- Use of a communal firepit near the woods
- Wireless internet connection

# What's NOT included:

- Travel costs
- Travel insurance
- Local excursions
- Massage treatments
- Additional accommodation before/after retreat dates
- Alcohol
- OPTION: to stay 1 extra night on the Sunday



# Dates and Investment

The retreat starts on Friday afternoon, with arrivals welcomed from 14:00 and the first yoga session starting at 16:30. The retreat finishes on Sunday afternoon at 16:00, though it's possible for guests to stay an extra night if desired.

Please note: An initial, non-refundable deposit is payable to secure a booking, with the balance due 12 weeks before the retreat. However, if it would help you to pay in instalments, please let us know so we can agree a payment plan. Payment details will be provided at time of booking.

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**Please feel free to contact us if you have any questions.**  
E: [info@learnlivegive.co.uk](mailto:info@learnlivegive.co.uk)

By booking, you agree to our full terms and conditions at:  
[www.learnlivegive.co.uk/tandc.html](http://www.learnlivegive.co.uk/tandc.html)

## Own Accommodation:

Bring your own tent or motorhome:  
**£335 pp**  
Includes electric hook-up and access to shared shower/toilet facilities  
Deposit £150 (at time of booking)

## Shared occupancy:

2-3 guests in glamping accommodation:  
**£365 pp**  
Deposit £150 (at time of booking)

## Single occupancy:

Room with adjacent bathroom in the main house or The Roundhouse:  
**Single bed: £385 pp**  
**Double bed: £395 pp**  
Deposit £150 (at time of booking)

## Extra Night:

Add a 3<sup>rd</sup> night's stay at the end of the retreat (B&B only):  
**Own accommodation: £25 pp**  
**Single occupancy in the roundhouse/main house: £50 pp**

## Optional extras:

If you would like to extend your retreat to include a 3<sup>rd</sup> night (adding the Sunday night after the retreat), you can do so for just £25 per person for those with their own accommodation, and £50 per person for those staying in a single occupancy room. The extra night is bed & breakfast only and does not include dinner on the Sunday evening.

The Roundhouse includes a therapy room, where a local therapist is able to provide a variety of treatments, including massages, subject to demand and pre arrangement. Please inform the organisers if you'd like to know more about this.



## About Your Teacher - Emma Bacon

Emma is a passionate yoga teacher, keen to encourage her students to learn how to find personal balance and happiness through the combination of yoga movement, yoga philosophy and other self-development practices. She teaches all levels, from beginners to advanced, irrelevant to age, gender, size, fitness, beliefs, background or lifestyle. Emma teaches Hatha Yoga, Slow Flow/Vinyasa Yoga, Yin Yoga, Restorative Yoga, iRest Yoga Nidra and Meditation. She also likes to incorporate breathing practices/pranayama, mudras, mantra, journaling, and the wisdom of yoga and Ayurvedic principles and philosophies.

Emma encourages students to personalise their practice, and empowers them to make good choices, based on their individual needs and circumstances. She believes that yoga aids the mind-body connection, encourages self-compassion, and can empower meaningful transformation.

In addition to her yoga experience and training, Emma has qualifications and experience in life coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She also has experience in the leisure and hospitality industry running a well-being camp and glamp site, yoga studio, and various yoga retreats in the UK and abroad. She views herself as a life-long student, with a desire to learn from a mixture of accredited courses, other teachers, students, reading materials, travel and cultures.

As a wife and mother of two, Emma understands the pressures of modern-day life. She's found balance through the principles and practice of yoga and mindfulness and, ultimately, wants to share her knowledge with others. There's nothing she loves more than to watch someone choosing to become their most authentic self, open and curious to all future possibilities.

