

## Root to Rise

**3-Day Immersive Yoga Retreat in Norfolk**

**Fri 6<sup>th</sup> - Sun 8<sup>th</sup> June 2025**

**or Fri 19<sup>th</sup> - Sun 21<sup>st</sup> Sept 2025**

A 3-day yoga retreat hosted at Fishley Hall - a beautiful farmhouse property on the east coast of Norfolk, surrounded by 350 acres of private land.

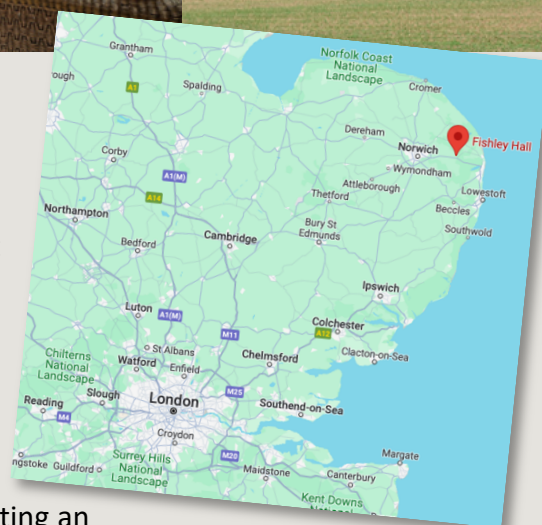
Set in idyllic surroundings, the retreat venue provides the perfect opportunity to reconnect with nature, recharging the mind and body from the inside out. The schedule offers a variety of yoga styles, including hatha, yin, restorative and meditation, based on a theme designed to encourage self-reflection and enhance wellbeing.



## Retreat Centre Location

Fishley Hall provides an authentic countryside experience that will leave you feeling inspired and rejuvenated. Nestled in the Norfolk Broads, the family-run private estate offers a world of rustic charm and natural beauty. It's the perfect destination to unwind, recharge, and connect with nature.

The retreat location is situated close to the villages Acle and Upton, near the Bure Marshes National Nature Reserve, supporting an abundance of walking opportunities. In addition, Horsey Beach, just a 30-minute drive from Fishley Hall, is home to one of the largest colonies of Grey Seals in the UK (where they can be seen all year round).



# Yoga Practices

Daily yoga will be provided from the Orangery, overlooking Fishley Hall's private gardens – a dedicated yoga space with underfloor heating, yoga mats, props and multiple doors opening out to countryside views. In addition, there are numerous outdoor spaces suitable for yoga, 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
- Fire pit ceremony

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 from the dining area.
- 16:30:** Afternoon yoga: introduction to the theme, followed by a soothing practice combining time for reflection, mindful movements, pranayama, yin yoga, restorative yoga, mantra and yoga nidra.
- 19:00:** Delicious buffet dinner, eaten in the dining room or the courtyard garden beside the yoga space, under the stars (dependant on weather and group preferences).
- 20:30:** The evening allows time for social connection and/or personal reflection. Two comfy lounge areas encourage group relaxation time or cinema nights, and a fire pit space in the courtyard garden can be lit for anyone wanting to keep warm under the stars.

## Saturday

- From 7:** Breakfast buffet available from 7am (for early risers) until 9:30am in the farmhouse kitchen/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 or in the courtyard garden (dependant on weather and preferences), 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 dining area.
- 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 or courtyard garden beside the yoga space, dependant on weather and individual preferences.
- 20:30:** Time for social connection and personal reflection. The comfy lounge areas are available for group relaxation time, and a fire pit ceremony will be held around the fire pit space in the courtyard garden with hot chocolate made available.

## Sunday

- From 7:** Breakfast buffet available from 7am (for early risers) until 9:30am in the farmhouse kitchen/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.
- 12:30:** Buffet lunch, in the dining room or courtyard garden, dependant on weather and preferences, followed by free time for relaxing, self-care, reading, socializing, or exploring.
- 14:00:** Afternoon yoga: a soothing practice combining time for reflection, mindful movements, pranayama, yin yoga, restorative yoga, mantra, and yoga nidra.
- 16:00:** Time for group reflections, homemade snacks and refreshments.
- 16:30:** Head home... OR alternatively stay and enjoy Fishley Hall and its beautiful surroundings for one more night (£50 pp for B&B). Go on, why not treat yourself to an amazing Monday morning feeling!

# Accommodation

Fishley Hall's lounge area provides the perfect space to enjoy a cinema night, with a second lounging space for anyone wanting to chat or read. In the centre of the property, a gorgeous farmhouse kitchen leads to a magnificent dining room, with a glass covered wishing well tempting you to make a wish! Continue on through the property and you'll access the orangery space, where yoga sessions will be held, overlooking lush greenery, trees and farmland.

Eight bedrooms, spread over three floors, allow up to 16 yoga attendees to stay in the impressive traditional farmhouse. Rooms are characterful and spacious, with a variety of elaborate bathrooms, many of which include double ended rolltop baths. There are 2 en-suite bedrooms, with all other rooms sharing a bathroom with just one other bedroom. All linen and towels are provided, for guests' convenience.

In addition, the property benefits from beautiful country views, private gardens, outdoor yoga spaces and seating areas, a fire pit, private parking and a grumpy room – a secret cupboard room, only just big enough for one seat and a tv embedded in the wall!

Fishley Hall feels like a home from home, secluded, private and exclusive to our group; it's a perfect place to retreat.



# Food and Drink

All meals are vegetarian and prepared with fresh produce, love and attention. The retreat 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 will 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 Fishley Hall
- Single, or twin room, either with an en-suite or adjacent bathroom (shared with just one other bedroom)
- Morning light breakfast, juices and teas
- Morning yoga session, based on the daily theme
- Use of yoga mats and props
- Nutritious shared lunch
- Afternoon drink and snacks
- Afternoon/evening yoga session
- Delicious evening meal
- Use of the fire pit (wood provided)
- Fresh water, tea and coffee
- 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 (cost: £50 B&B per person)



## 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 16:30, 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.

Bookings are on a first come first served basis.

To book, please go to: [learnlivegive.co.uk/personal](https://learnlivegive.co.uk/personal)  
Or email Emma at: [info@learnlivegive.co.uk](mailto:info@learnlivegive.co.uk)

(Please note: by booking a place you are agreeing to our terms and conditions)

## Sharing:

Twin room with shared bathroom:

**£435 pp (2 nights)**

**£485 pp (3 nights)**

Deposit £150 (at time of booking)

Twin room with en-suite bathroom:

**£515 pp (2 nights)**

**£565 pp (3 nights)**

Deposit £175 (at time of booking)

## Single occupancy:

Single occupancy room with en-suite:

**£565 pp (2 nights)**

**£615 pp (3 nights)**

Deposit £200 (at time of booking)

*All balances are due 12 weeks prior to the retreat start date*



## Optional extras:

A qualified massage therapist will be offering private treatments in between yoga sessions (on one or multiple days – to be confirmed). Dependant on your requirements, she'd be happy to enhance your relaxation with a soothing massage, or alternatively, work on specific problem areas with sports massage techniques. Session times and prices will be provided in advance of the retreat dates, so you can pre-arrange your treatment plans.

There are country walks around the estate, including a short walk to the estate's private church. And the local town of Acle is just a 30-minute walk.

Extend your retreat to 3-nights (to include Sunday night) for just £50 per person extra, bed & breakfast only.



## 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.

