

Whole Brain Living

3-Day Immersive Yoga Retreat in Lincolnshire

14th - 16th May 2027

10th - 12th & 17th - 19th Sept 2027

A 3-day yoga retreat hosted at Laurel Park - a beautiful 3-acre retreat venue in south Lincolnshire, near the Norfolk and Cambridgeshire borders.

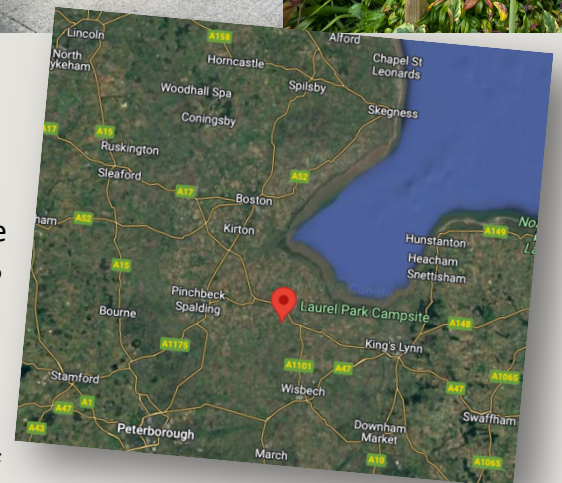
Set in calm, idyllic, tree-lined surroundings, the venue provides the perfect opportunity to reconnect with nature, recharging the mind and body from the inside out. The schedule offers a variety of yoga styles, including somatic movement, hatha-flow, yin yoga, restorative yoga and meditation, based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



Retreat Centre:

As weekend retreat guests, you will benefit from exclusive use of Laurel Park Retreat Centre - a secluded 3-acre venue, 1.5 miles off the A17 between Spalding and King's Lynn offering:

Luxury glamping accommodation (including safari tents, converted train wagons, glamping huts and a retro caravan); a purpose-built yoga barn/shala (equipped with a variety of yoga props); an outdoor tree shala; communal lounge/dining space; nature/meditation paddocks; hot tub area; cold water immersion; undercover & open-air fire-pits (wood provided); tree hammocks; earth den; access to indoor and outdoor games; and covered chill out spaces.



Yoga Practices

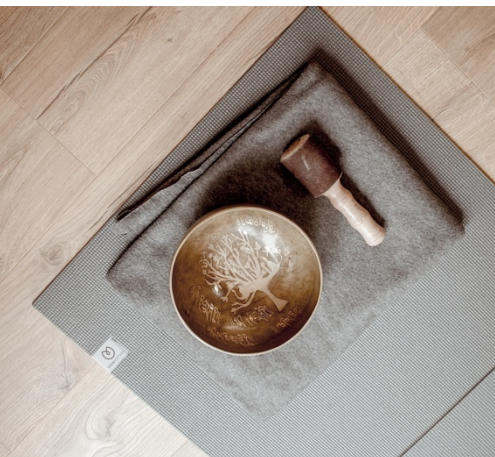
Daily yoga will be provided from the Yoga Barn (our dedicated yoga space with yoga mats, bolsters, bricks and props), overlooking Laurel Park's meditation garden and the communal gazebo. There are also numerous other outdoor spaces among trees and on grass suitable for yoga, mindfulness, and meditation practices, should guests wish to expand their practice. 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
- Somatic Practices
- Slow Flow Hatha/Vinyasa
- Yin Yoga
- Restorative Yoga
- Yoga Nidra
- Pranayama / Breathing Practices
- Guided Meditations
- Mantra and Mudra
- Mindful Journaling / Discussion
- Communal fire pits

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: 'Whole Brain Living', exploring how different parts of the brain/mind contribute towards living a balanced, fulfilling life. There will be time dedicated to understanding four specific aspects of the brain, and how, with curious and compassionate exploration, we can better understand our tendencies, hopes and desires, positively affecting relationships, life-purpose and a sense of inner contentment.



Weekend Schedule

Friday

- 14:00:** Arrive any time after 2pm, to settle in and get comfy before yoga. Afternoon homemade snacks and tea provided in the communal lounge/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 our communal lounge/dining area.
- 20:30:** The evening provides time for social connection and/or personal reflection. Various lounge areas allow for group relaxation time or quiet reading, and a covered communal gazebo has a fire pit which will be lit for anyone wanting to keep warm into the evening. There is also the hot tub available for those wanting to chat under the stars whilst relaxing in bubbles.

Saturday

- 08:00:** Breakfast buffet available from 8am (or before) until 9:30am in the communal lounge/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 communal lounge/dining area, 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 communal lounge/dining area.
- 16:30:** Afternoon yoga: another soothing practice with time for reflection, somatic movement, pranayama, yin yoga, restorative yoga, mantra, and yoga nidra.
- 19:00:** A buffet dinner served in the communal lounge/dining area.
- 20:30:** Time for social connection and personal reflection. A fire pit will be held under the covered gazebo with hot chocolate made available.

Sunday

- 08:00:** Breakfast buffet available from 8am (or before) until 9:30am in the communal lounge/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 communal lounge/dining area.
- 14:00:** Afternoon yoga: a soothing practice combining time for reflection, somatic movement, pranayama, yin yoga, restorative yoga, mantra, and yoga nidra.
- 15:45:** Time for group reflections, homemade snacks and refreshments.
- 16:00:** Head home... **OR** stay and enjoy Laurel Park and its diverse surroundings for another night from £25pp including breakfast. So why not treat yourself to a long weekend?!

Accommodation

Laurel Park's facilities are spread across a number of buildings, but none more than a stone's throw from the others. A communal lounge/dining area provides the perfect space to enjoy shared meals with other retreat attendees, but also has comfy sofas for reading, journalling or socialising throughout your time here. The shared washrooms provide multiple sinks, toilets and showers for guest use. There are additional camping-loo huts next to or within glamping units, for added convenience.

Glamping options include two 100-year-old converted railway goods wagons providing shepherd-hut-style accommodation, two safari style canvas touareg tents, a tiny house on wheels and a glamping hut beside the meditation paddocks. All our glamping units can accommodate 1 or 2 guests, unless there is a group of attendees who know each other and would like to share, in which case some units can accommodate 3-4 sharing. We also have an additional single occupancy 1960's retro renovated caravan called 'Flump' in which 1 lucky guest can stay. It's the cutest little caravan!

All our glamping accommodation has sprung mattresses and all bed linen is included, along with an electric heater, kettle, mugs and extra blankets, in case you feel the need to get even cosier. (Please note: we do not supply towels or toiletries).



Food & 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, nut 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 Laurel Park Retreat Centre
- Single, or shared glamping accommodation or you are very welcome to bring your own accommodation (tent, campervan, caravan – electric hook up available)
- Morning continental breakfast, juices, teas
- Morning yoga session, based on the daily theme
- Use of (indoor and outdoor) 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), hot tub and ice bath
- Games e.g. pool, table tennis, croquet, kubb, etc.

What's NOT included:

- Travel costs
- Travel insurance
- Local excursions
- Massage treatments
- Alcohol (though you are welcome to bring your own)
- OPTION to stay an extra night on Sunday evening @ £45 B&B per person (or £25pp with own accommodation)



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 extra nights if desired.

Please note: An initial, non-refundable deposit is payable to secure a booking, with the balance due 12 weeks before the retreat. Payment details will be provided at time of booking.

Book Direct At:
bookwhen.com/llg

Please feel free to contact us if you have any questions.
E: info@learnlivegive.co.uk

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

Sharing:

Two people sharing a glamping unit:
£345 pp
Deposit £150 (at time of booking)

Single occupancy:

Single occupancy in glamping:
£365 pp
Deposit £150 (at time of booking)

Own accommodation:

Bring your own tent/camper/caravan:
£320 pp
Deposit £150 (at time of booking)

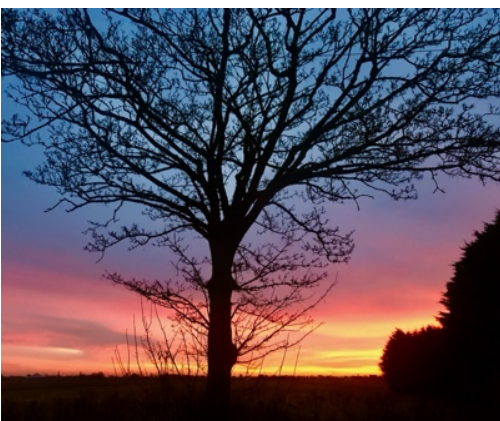
Extra Nights:

See details below. From:
£25 pp per night

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

Optional extras:

Extend your retreat to 3 or 4 nights for just £25 per person per night when you bring your own accommodation, or £45 per person per night in our glamping units. Continental buffet breakfast included for either accommodation type. Please get in touch with us to discuss this prior to booking.



About Your Teacher - Emma Bacon

Emma is a dedicated yoga teacher who guides students toward personal balance and happiness through yoga, somatic movement, philosophy, and self-development practices. She welcomes everyone - all levels, ages, bodies, and backgrounds - creating an inclusive space where each person can explore their practice authentically.

Emma teaches Hatha, Slow Flow/Vinyasa, Yin, and Restorative Yoga, alongside iRest Yoga Nidra, somatic movement, and meditation. Her classes weave in breathwork, mudras, mantra, journaling, and the wisdom of yogic and Ayurvedic traditions, offering students a rich toolkit for self-discovery.

At the heart of Emma's teaching is personalization and empowerment. She encourages students to honour their individual needs and circumstances, trusting their own inner wisdom. She believes yoga strengthens the mind-body connection, cultivates self-compassion, and supports meaningful transformation.

Beyond her extensive yoga training, Emma brings qualifications in somatic coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She's also run a yoga studio and led retreats across the UK and internationally. Emma considers herself a lifelong student, continually learning through accredited courses, mentors, her students, travel, and diverse cultural experiences.

Passionate about making yoga philosophy accessible, Emma co-hosts a light-hearted educational podcast with her husband that's been running for over a year. The show explores yoga principles in a relatable way and has gained significant traction with listeners from all walks of life.

As a wife and mother of two, Emma understands firsthand the demands of modern life. She's found her own balance through yoga and mindfulness, and her greatest joy is sharing these tools with others - watching people step into their most authentic selves; open and curious to all that life offers.

