

WELLNEST YORKSHIRE DALES RETREAT

Join us for a weekend of
nature, yoga and
relaxation amongst
friends.

Yorkshire Dales Retreat
3rd - 5th July



ABOUT

Gather in the tranquility
of the Yorkshire Dales
and embark on a path to
inner peace and renewal
at our Yoga Retreat,
crafted to align your
body, mind, and spirit.

Situated in the heart of
nature, this retreat
provides a space to
unwind and reconnect
with yourself. Participate
in mindful yoga sessions,
enjoy healthy meals, and
soak in the calm of the
natural environment. Let
this peaceful retreat help
you relax and recharge.

WHAT TO EXPECT:

Escape to a rejuvenating yoga weekend set in the heart of nature, where you can unwind and reconnect with yourself.

Begin each day with invigorating yoga classes amidst serene landscapes, followed by peaceful hikes through picturesque trails, offering a perfect blend of relaxation and adventure..



To complement your journey, our private chef will delight your senses with nourishing and delightful dishes throughout your stay.



Embrace this opportunity to refresh your mind, body, and spirit in a tranquil natural setting, complete with relaxation spaces, a cozy fire pit, a soothing sauna, and more areas designed for your relaxation.

ACCOMODATION

10 single en-suite rooms and 2 twin share en-suite rooms available.

Each room is designed to offer for ultimate comfort and relaxation with luxurious duvets and pillows, ensuring a restful night's sleep.

You'll find modern amenities, free Wi-Fi, and hairdryers.

Tea and coffee making facilities so you can savour a hot drink at your leisure.



Inviting lounges, with an honesty-box bar and cute conservatory.

These cosy spaces are perfect for unwinding, enhanced by wood-burning fires that create a warm and welcoming atmosphere on chilly evenings.

ITINERARY

- Twice daily yoga, including morning vinyasa and evening yoga to unwind and relax
- Nidra and sound session
- Guided journaling session
- Local, guided hike through the beautiful countryside



- Nourishing, home-cooked meals cooked from our own private chef
- Afternoon snacks, tea and coffee
- Space and time to explore, relax and unwind in nature, in the sauna or one of the relaxation space

COST

Private Room with En-suite

£497 per person

Twin Shared Room with En-suite

£397



DEPOSIT

£150 non-refundable deposit

Payment plans available



HOW TO PAY

**Pay in Full Now
10% discount on all room
options**

OR

**Payment plan with deposit
now then agreed
instalments with Wellnest.**

JOIN NOW

WEBSITE:
www.wellnestkirkstall.co.uk/retreat

EMAIL:
wellnestkirkstall@gmail.com

SOCIAL MEDIA:
[@wellnestkirkstall](https://www.instagram.com/wellnestkirkstall)

