

THE QUAIVES RETREAT

(Bank Holiday).
23rd - 25th May
2025

Strength and Wellness with Lauren and Imo



A revitalising weekend of Pilates, Strength classes, nature walks, detox and relaxation all in the beautiful Kent countryside!

THE QUAIVES
SEATON ROAD, WICKHAMBREAUX
CT3 1RU

SPRING BANK HOLIDAY RETREAT

We are delighted to announce that booking for our Spring 2025 retreat is open now! It will be held in the magical and unique country escape 'The Quaives' Kent.

The retreat holds up to 16 guests in a beautiful country estate with 19 acres of stunning garden, not to mention the incredible surrounding countryside.

We will offer a choice of both dynamic strength classes and restorative Pilates sessions throughout the days. There's an onsite tennis court, a vineyard: for wine tours (balance!) and gorgeous countryside strolls, one of which includes the 'wickhambreaux weir' - a 5 minute walk from the venue, for anyone who fancies a revitalising fresh water dip!

All meals are included, each designed by a highly experienced chef who will create healthy and wholesome meals. Vegetarian and vegan options are also provided.

Our retreat is designed to create an escape from our busy London lives and to leave you feeling rested and nourished. So it is totally up to you how much you would like to participate over this weekend.

Love,
Lauren and Imo x



Accommodation

We have a range of on-site accommodation options available to suit your needs. Our retreat will host 16 guests.



Bumblebee Cottage

(Sleeps two)

Includes an ensuite double bedroom + and open kitchen and lounge area. Perfect for couples or two friends.



Fuschia Cottage

(Sleeps 4)

Includes one king bed (which can be split to create 2 singles) and a seperate room with 2 bunks. It also includes a lounge, kitchen area and bathroom.

Songbird Cottage

(Sleeps 4)

Includes one king bed and 2 single beds. It also includes a lounge, kitchen area and bathroom.



Kula Dormitory

(Sleeps 6)

Includes 6 bunk beds and a seperate bathroom.

This is a great option if you'd like to come as a group of friends or if you'd like to meet new people and find a community.

Example Itinerary

(subject to small changes)

8:00 AM
BREAKFAST

9:30 AM — 10:15 AM
WAKE UP PILATES

10:30 AM - 11:00 AM
30 MIN BODYWEIGHT HIIT

11:15 AM - 12:00 PM
FRESHWATER DIP IN THE WEIR

FREETIME

12:45 PM — 1:30 PM
LUNCH

FREE-TIME
EXPLORE THE GROUNDS, CHILL,
SUNBATHE, READ.

3 PM
AFTERNOON WALK (OPTIONAL)

4 PM
AFTERNOON SNACK

FREETIME

5:30 PM - 6:00 PM
30 MIN STRENGTH CLASS

6:30 PM
TWO COURSE DINNER

7:45 PM - 8:30 PM
WIND-DOWN PILATES



Pricing

Bunk beds

**£450pp with early bird price
(bookings made before 1st January)**

or

£495pp full price

Double rooms

**£550pp with early bird price
(bookings made before 1st January)**

or

£605pp full price

Pricing plans are available for those who would like to pay in smaller contributions each month. We will still require a £150 (unrefundable) deposit to secure your spot. This can be discussed upon booking.