

RESET & REALIGN

EAT WELL | MOVE WELL | LIVE WELL

MAY 16-18, EARNLEY UK



AN EXCLUSIVE EXPERIENCE

(RE-) TREAT YOURSELF

With only 8 open places, we'll be hosting an intimate collection of great minds. From artists to entrepreneurs, you'll spend the weekend with like minded people who are starting to think a little differently about their inner worlds.

On the retreat you'll have time to:

BREATHE - space to think + guided breathwork sessions

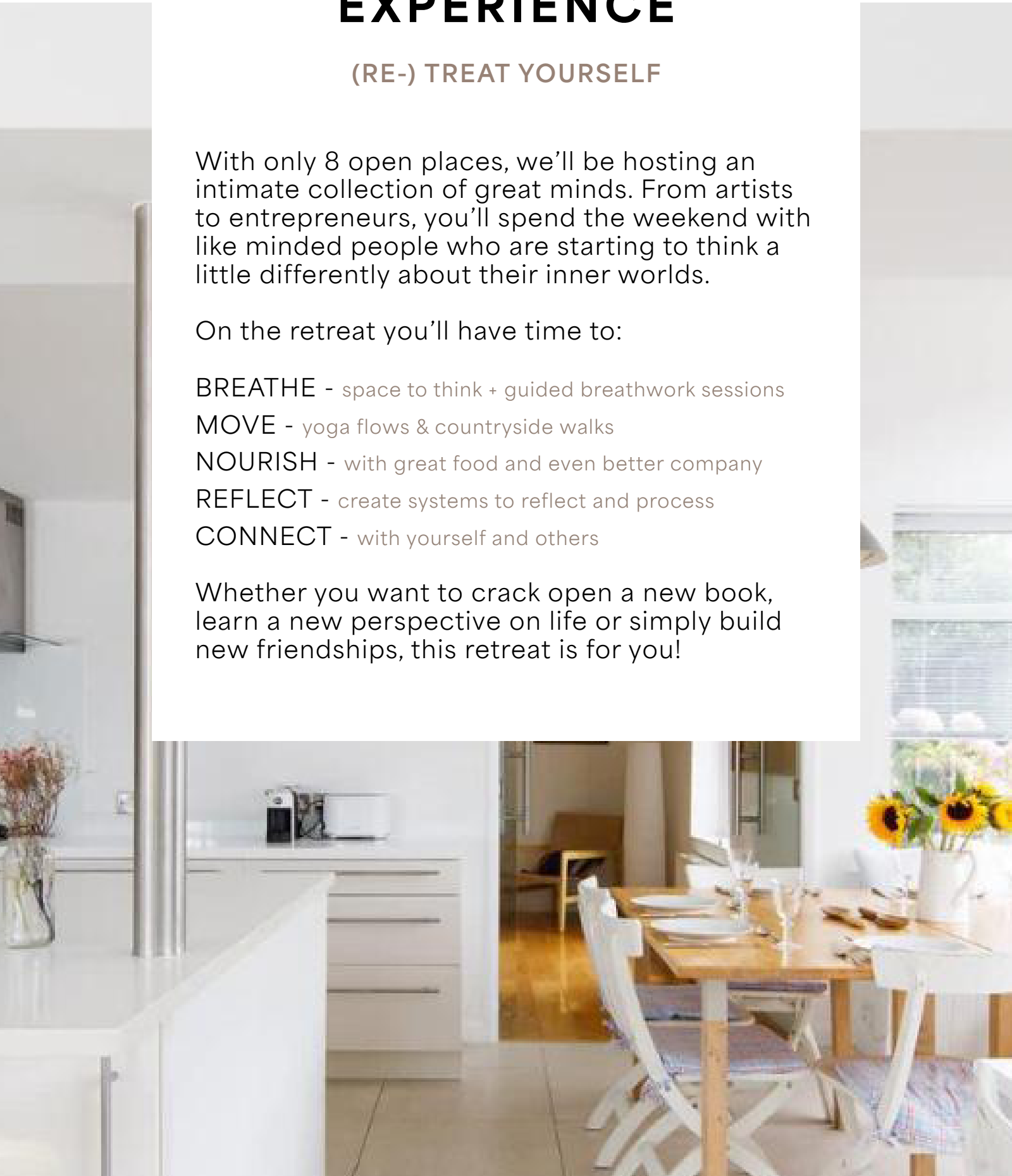
MOVE - yoga flows & countryside walks

NOURISH - with great food and even better company

REFLECT - create systems to reflect and process

CONNECT - with yourself and others

Whether you want to crack open a new book, learn a new perspective on life or simply build new friendships, this retreat is for you!



A DIGITAL DETOX WEEKEND

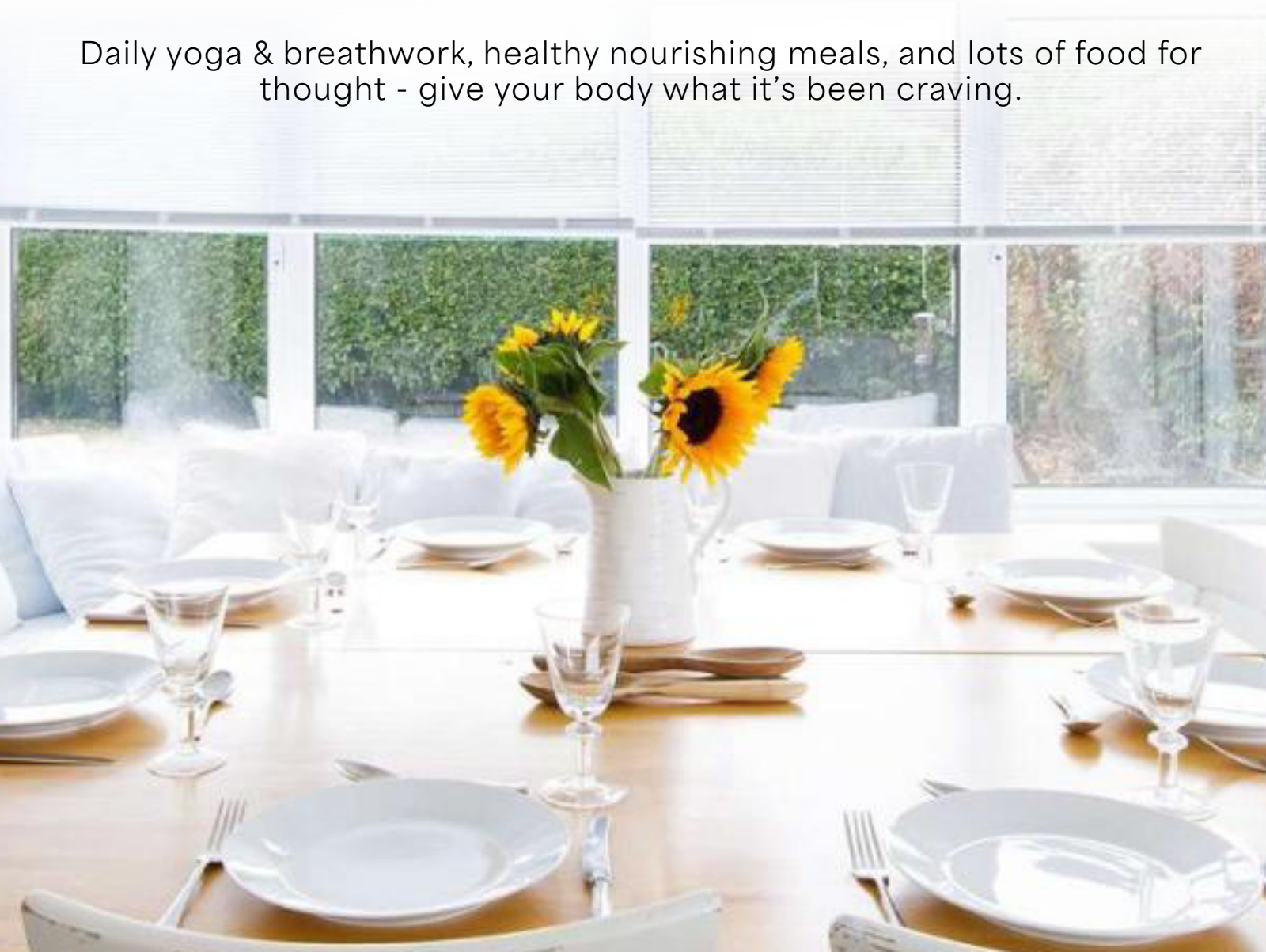
UNPLUG
SWITCH OFF
OUT OF OFFICE
DISCONNECTED
AWAY FROM KEYBOARD

Disconnect from the busyness of the city, the distractions of the online world and the pressures of your workplace.

Immerse yourself in a weekend of reconnecting with your inner world; through movement, recovery and introspection.

With an intimate group of great people, this retreat will guide you back to yourself, to your innermost drivers and refuel your motivation,
(along with your stomach!)

Daily yoga & breathwork, healthy nourishing meals, and lots of food for thought - give your body what it's been craving.



BREATHE & FLOW

CALLING ALL YOGIS

Over the weekend, we will guide you through a balanced mix of energising morning flows and restorative evening practices, helping you reconnect with yourself through movement, breath, and stillness.

Through yoga, we'll deepen our awareness of the body, cultivate mindfulness, and rediscover the joy of simply being in the moment.

Morning Flow

We'll start each day with an uplifting Hatha/Vinyasa practice, awakening the body with mindful movement and breathwork to set a positive tone for the day ahead.

Evening Restore

As the day winds down, we'll shift into Yin and Restorative yoga, releasing tension and calming the nervous system. These slower-paced sessions will be paired with guided meditation and breathwork to help you fully unwind.

Practicing in Nature

If the weather allows, we'll take our practice outdoors on the beautiful open lawn, immersing ourselves in fresh air and natural surroundings. If needed, we have ample indoor space or access to a nearby yoga studio to ensure a comfortable experience.

Whether you're an experienced yogi or stepping onto the mat for the first time, each session is thoughtfully designed to be accessible for all levels.

Just bring yourself, your breath, and an open heart.

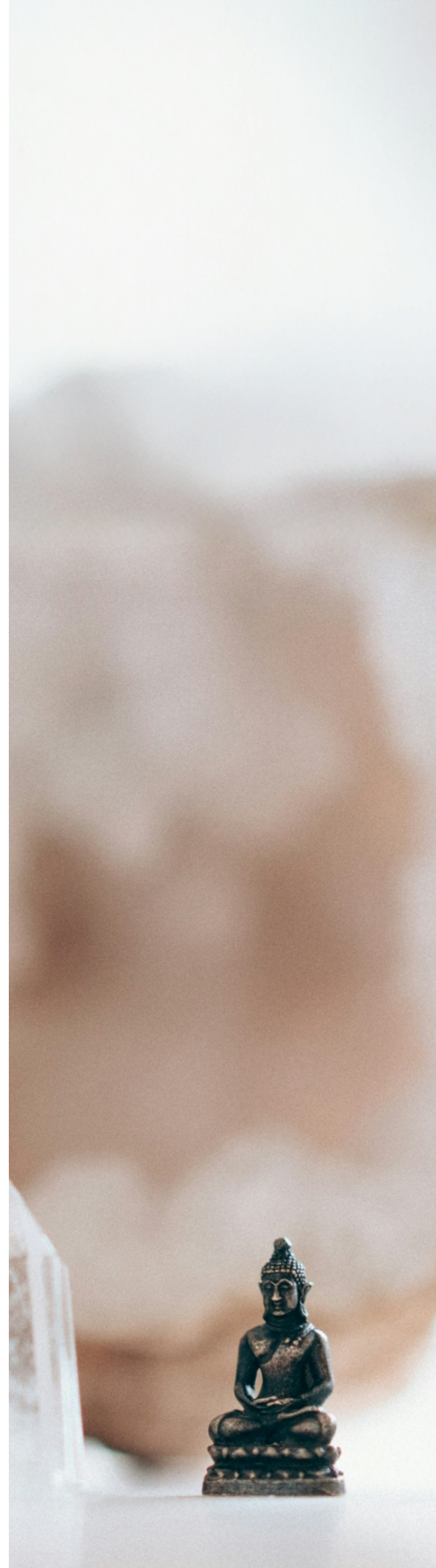
FIND YOUR INNER ALIGNMENT

DESIGN YOUR DREAM LIFESTYLE

Unlock the secrets of a weekly review that will completely change your life!

Quoted as the single most powerful routines of entrepreneurs around the world, including *Ryder Carroll*, this one simple technique will boost your self-awareness so you can hold yourself accountable to what matters most.

In daily group workshops, we'll design your own weekly practice so you can take away the right routine that works for you.



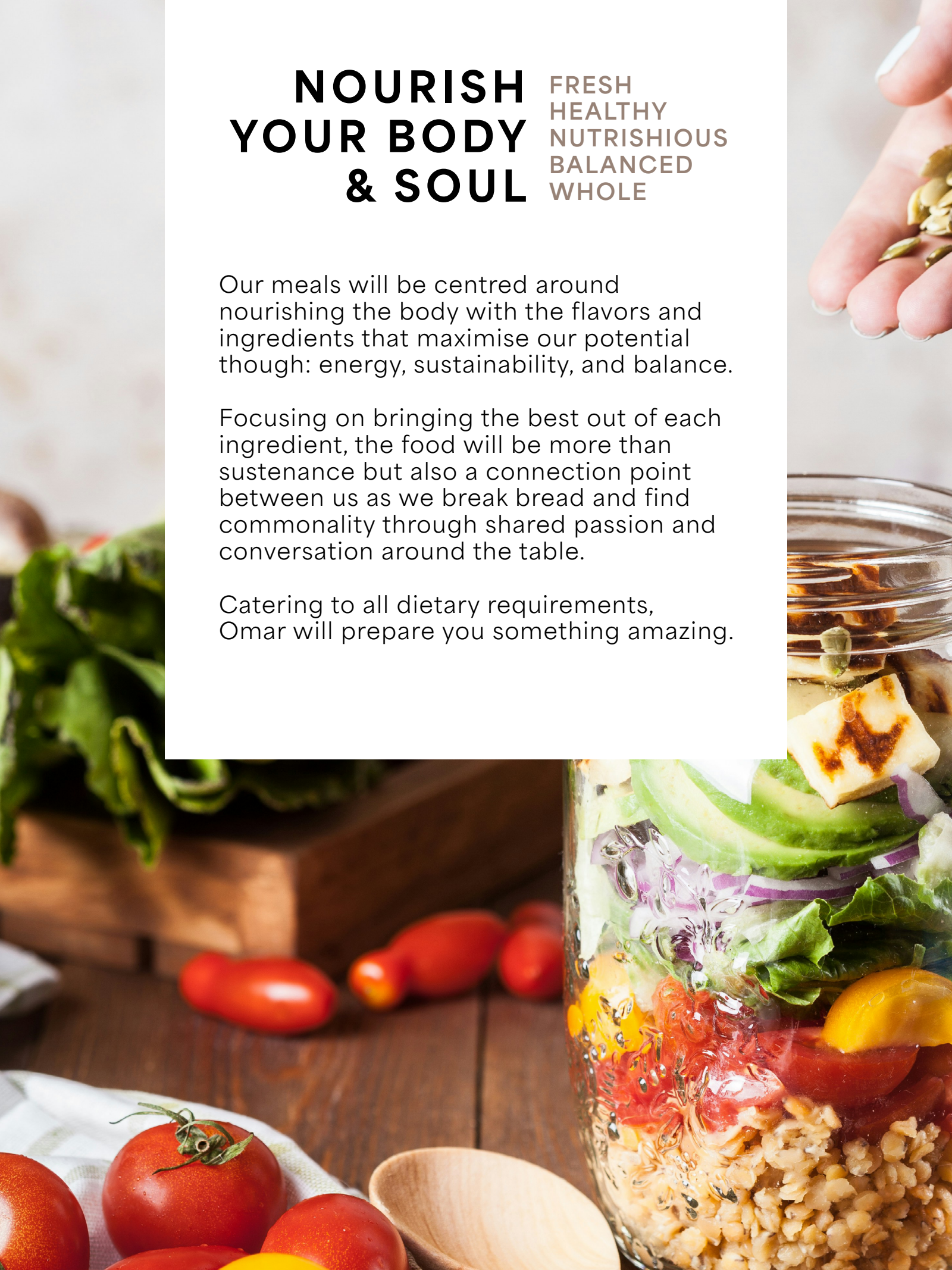
NOURISH YOUR BODY & SOUL

FRESH
HEALTHY
NUTRITIOUS
BALANCED
WHOLE

Our meals will be centred around nourishing the body with the flavors and ingredients that maximise our potential though: energy, sustainability, and balance.

Focusing on bringing the best out of each ingredient, the food will be more than sustenance but also a connection point between us as we break bread and find commonality through shared passion and conversation around the table.

Catering to all dietary requirements, Omar will prepare you something amazing.





YOUR HOME AWAY FROM HOME

APPLE TREES, EARNLEY,
WEST SUSSEX

Nestled in the Sussex countryside in the hamlet of Batchmere, we've secured a fantastic location with plenty of greenery to allow you to enjoy some peace & quiet.

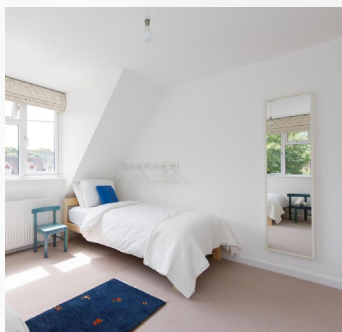
All bookings are for solo participants by default. However you're more than welcome to share your room with a partner or friend for a small additional fee.

Venue address: Apple Trees, Batchmere Rd, Batchmere, Chichester PO20 7LD

SINGLE SHARE

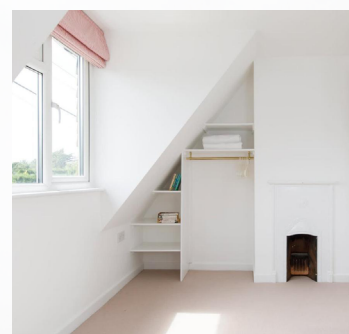
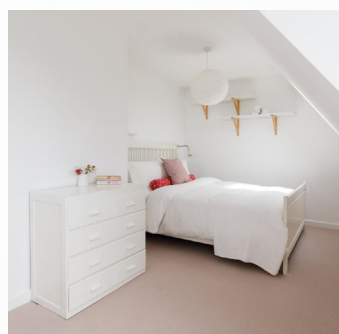
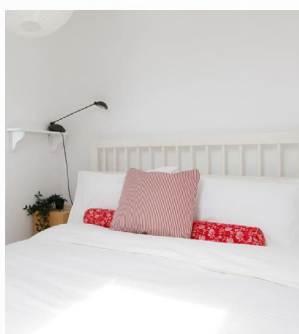
A single bed in a twin room.

All rooms share the main two bathrooms.



DELUXE DOUBLE

A double bed in a private room, all to yourself.



COSY KING

Like the comfort of your own home, but even bigger!



MEET YOUR RETREAT HOSTS

DANNY
LEWIS
OMAR



DEDICATED YOGA INSTRUCTOR

Danny specialises in Vinyasa, Hatha, and Yin. He's passionate about calming minds and guiding others into deep presence through movement, breath, and stillness.

www.instagram.com/yoga_with_danny

OUR PASSIONATE CHEF

Gifted for crafting delicious, nourishing meals, Omar caters to all dietary needs with creativity and care, ensuring every bite is as wholesome as it is flavorful.

www.instagram.com/omar.eats



SELF-DEVELOPMENT COACH

After making the leap from corporate life to creative freedom, Lewis helps others build a fulfilling lifestyle through structure, self-guidance, and transformative practices.

www.youtube.com/@Lewis.TruePathCo

HOUSE RULES

THE FINE PRINT

-Pricing and payment

Single Share - £275

Deluxe Double -£400

Cosy King - £500

Share with a friend/partner +£150

- What's included

2 nights stay, all meals, all activities.

Arrive on Friday evening for a welcome dinner and close the weekend with a sunday lunch.

- What's not included

Please make your own way to Chichester Train Station. We will collect you on arrival.

- Contacting us

Feel free to reach out to any of us if you have any specific questions.

For all bookings please message Lewis on the number below. A refundable deposit of £100 is required to confirm your space and the balance is payable no later than the 14th April.

WhatsApp: +447449051410

