



DAYLESFORD HEALTH & WELLNESS RETREAT

We are delighted to be able invite you to join us for another restorative weekend at Daylesford, experiencing the best of both [The Cookery School](#) and [Bamford Haybarn Spa](#) whilst staying in our beautiful [Cotswold Cottages](#), here at the farm.

In collaboration with our resident nutritionist, [Rhaya Jordan](#) and the Bamford Haybarn team, join us for a series of deeply relaxing classes led by our own yoga teachers as well as restorative massages and facials from our expert therapists.

Over the course of the weekend, you will enjoy both demonstrations and hands-on classes in our Cookery School, creating nutrient dense dishes using organic produce from our farm and Market Garden, backed up with Rhaya's nutritional expertise.

Expert varied demonstrations on everything from juicing to raw food, giving you the skills and inspiration to cook healthy, delicious dishes at home. Including superfood smoothies, cold-pressed green juices, energising snacks and wholesome broths, you'll come away from the Retreat feeling nourished, energised and rejuvenated – the perfect break to welcome in the new season.

As well as morning yoga classes, walks in our Market Garden, treatments and cookery classes, we will also treat you to an unforgettable Chef's Table Supper on Saturday evening. Join us in The Cookery School whilst our chefs create a healthgiving, seasonal tasting menu right in front of you, pairing each dish with fine wines from our cellar.

DATE: 13th September – 15th September 2019

LOCATION: The Cookery School, Daylesford near Kingham, GL56 0YG

PRICE: From £995

BOOKING: The course can be booked by contacting The Cookery School on **01608 731 620** or email THECOOKERY SCHOOL@DAYLESFORD.COM



WEEKEND ITINERARY

FRIDAY EVENING

From 4pm: Arrive and check into our Holiday Cottages where you will be welcomed with a hamper of healthy and delicious Daylesford goodies.

At 8.30pm: Join us for a gently releasing and stretching yoga session, finishing with a short centering meditation to help you arrive into the retreat.

SATURDAY

8.30am: Awake gently and make your way to The Haybarn Spa for a nourishing breakfast of fruits, birchers and cold-pressed juice.

9am-10.30am: Vinyasa Flow Yoga at The Bamford Haybarn Yoga Studio: Using the breath as the focus, our morning yoga will be a mindful practise of traditional yoga sequences and postures to release tension and stress, awaken the flow of internal energy, cleanse the internal organs and systems and rejuvenate the mind and body, ready to focus on the day's teaching.

11.30-2.30pm: Over lunchtime, we will cook a number of healing, cleansing dishes together. This will be accompanied by sage advice from Daylesford's resident nutritionist, Rhaya Jordan, on how to best create a midwinter cleanse that suits your body and lifestyle.

3-5pm: Enjoy your choice of a cleansing facial, a Bamford Signature massage or a bespoke, state-of-the-art nutritional check-up with Rhaya Jordan.

5-6pm: Healing Yoga: A deeply relaxing, nourishing and grounding yoga practise that eases the mind, body and breath back to a natural state of health and wellbeing. The practise is gentle and calming with a steady pace and is deeply effective for soothing various parts of the body, including internal organs and systems, with deep rhythmic breaths. You will come away having released deeply held tensions, leaving you feeling calmer, more peaceful and ready for a wonderful night's sleep.





7.30pm: Join us for a special Chef's Table Dinner, again focusing on light, cleansing and often raw dishes with everything prepared in front of you by our expert tutors whilst you relax in the comfort of our award-winning Cookery School.

SUNDAY

8.30am: Join us at The Haybarn Spa for a detoxifying green juice before morning yoga.

9-10.30am: Vinyasa Flow Yoga: Using the breath as the focus, this session will be a mindful practise of traditional yoga sequences and postures to realign the body and rebalance internal energy flow to cleanse the internal systems. The mind becomes calm and the breath more soothing, bringing a sense of peace and calm ready for the day's teaching. The session will finish with Pranayama practise (Yogic breathing) and mindfulness meditation.

11am: We will use this time to take a moment to consider our place in time, being mindful of where we are and taking a leisurely stroll around our 20-acre organic market garden.

11.30-2.00pm: Re-join us in The Cookery School for an opportunity to cook with some of the ingredients that we have found in the garden to create simple, fresh dishes to inspire cooking at home.

2-5pm: Return to the Bamford Haybarn Spa to relax with one of our Rejuvenating Massages where you can discuss with your therapist which areas of tension you would like them to focus on.

5-5.30pm: Join us for a final meditation to finish your weekend in a calming manner. In addition, you will have the chance to spend 20 minutes with our Yoga teacher for individual Yoga Therapy advise before enjoying a relaxed evening in your cottage for a final night with us.