



A Spring Detox Retreat

"Creating space to add the goodness in"

22 - 25 March 2018

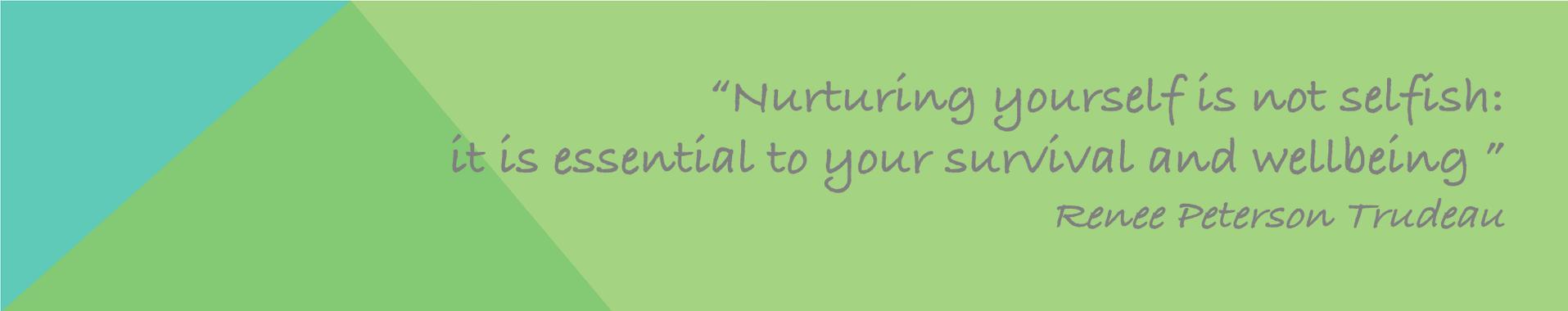
EXMOOR, DEVON

We invite you to join us over the Spring Equinox in 2018 for a four day retreat of nurturing, coaching and relaxation on Exmoor in Devon, a place of great natural beauty that helps restore our inner peace and tranquility.

Kirstie Garrett, the founder of EBO and The Vitality Retreat, and Georgia Parker, an expert coach and facilitator, will be hosting the retreat, blending their approaches to offer a unique experience. We bring together holistic practices of self care, connection to nature and a journey of self-discovery to support you to create a renewed sense of health, vitality and wellbeing.

We will have our own chef, offering us the best, local fresh food that showcases how a detox diet is both nutritious and fabulous!

We have created this retreat to offer a powerful combination of body-mind practices including yoga, massage and coaching alongside wonderful vegetarian food and all the comforts of a luxury country house. There a maximum of 12 places available.



*“Nurturing yourself is not selfish:
it is essential to your survival and wellbeing”*

Renee Peterson Trudeau



The venue

A beautiful Georgian house dating from the 16th Century, located on south-facing hills within the pastures of a traditional organic working farm shouldering Exmoor National Park and the Devon coastline. It's only 2.5 hours by train from central London.

The house is newly refurbished with a woodchip boiler (using sustainable wood from the farm) to heat the rooms. The combination of old farmhouse charm and modern amenities makes this the perfect cosy-luxe retreat venue. Open access to the rolling countryside should encourage you to explore this stunning corner of England,

"For everyone, well-being is a journey. The secret is committing to that journey and taking those first steps, with hope and belief in yourself."

Deepak Chopra

Bedrooms

There are six rooms available, which can all be set up as either twin or double. All are en-suite with luxury bathrooms, great mattresses, plump pillows and top quality bed linen, towels and bath robes.

Rooms are allocated on booking, so if you have spotted a favourite, let us know!

Some are in the very old parts of the house, others in the more modern addition.



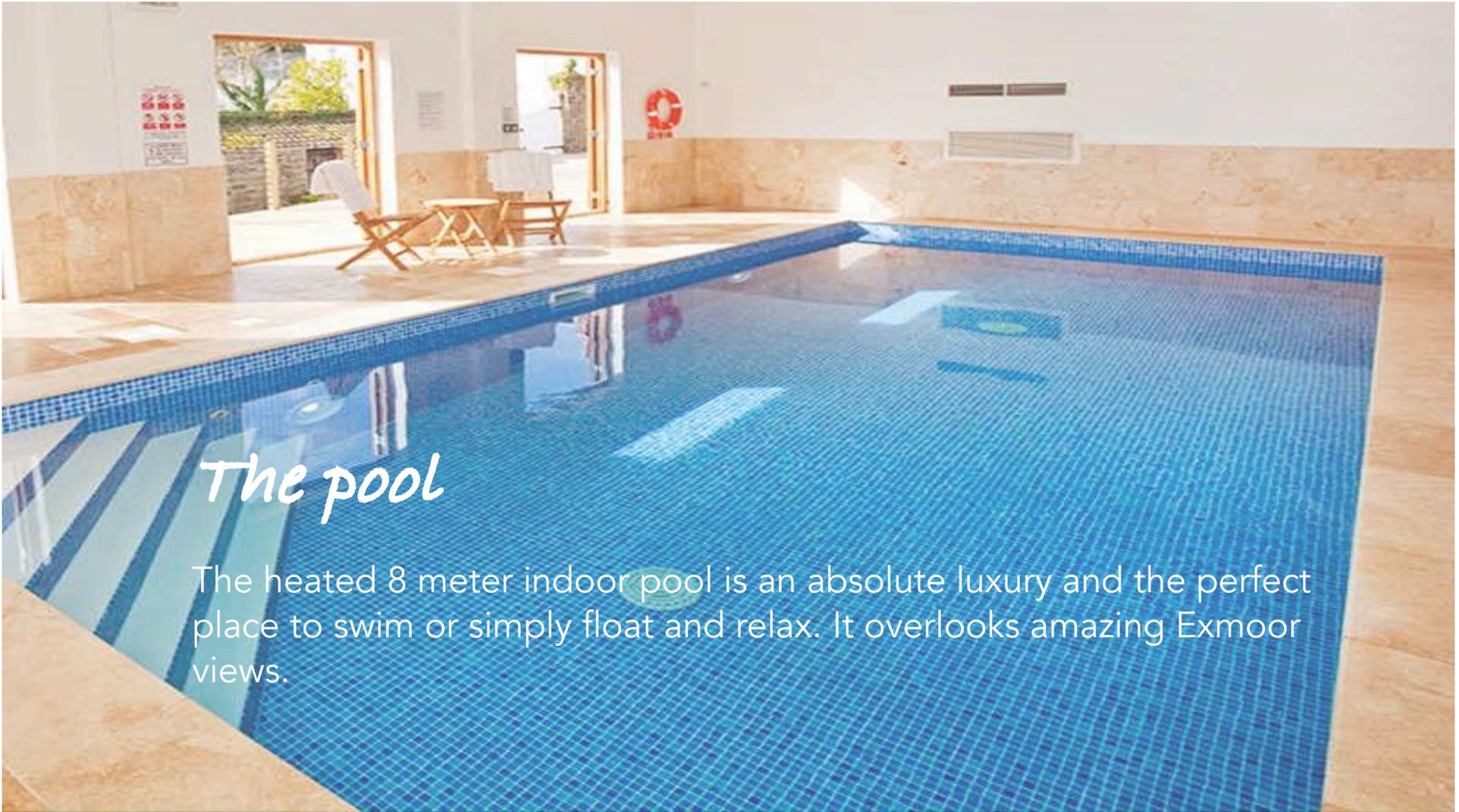
*"Take care of your body,
it's the only place you have to live in"*



Living areas

The communal living areas are delightful with their historic detail (amazing tiles and wooden floors!) and cosy with fires, comfy sofas and quiet corners.

*"You can't pour from an empty cup:
take care of yourself first."*



The pool

The heated 8 meter indoor pool is an absolute luxury and the perfect place to swim or simply float and relax. It overlooks amazing Exmoor views.

*"Take care of your body,
it's the only place you have to live in"*

The retreat experience

The retreat programme offers a blend of approaches from both Kirstie and Georgia, who have been running retreats separately for a number of years in both the UK and Europe. School friends from the age of 11, they have recently reconnected and discovered a mutual passion for creating spaces for people to switch off from the world and focus on themselves, through holistic body and mind practices. They love to help people create positive change, renewed wellbeing and a deeper understanding of self.

The retreat experience includes the following:

- A one hour massage treatment from Kirstie, with the option to choose further treatments
- A introductory group session to understand how our values drive our behaviour and a 2 hour personal 1-2-1 coaching session from Georgia for support with something important to you
- Yoga twice daily with an experienced yoga teacher offering individual attention to support both beginners and those who practice regularly
- Evening activities focused around relaxation and wellbeing
- Exclusive use of the wonderful facilities at the venue including a heated indoor pool overlooking Exmoor, access to beautiful nature walks and the cosy lounge with a log fire



*“Health is a state of body:
Wellness is a state of mind”*

More about coaching

The coaching sessions with Georgia will offer you dedicated time to focus on something that is important to you. This might be an area in which you'd like to make some changes in your life or work out what to do about a decision you are facing or an issue that is on your mind. Typical coaching sessions can cover things like:

- Being ready for a new role or challenge at work but feeling uncertain about what to do next
- Wanting to feel more confident about a decision you need to take
- Trying to juggle competing priorities of home, family and work life and feeling stressed out
- Wanting to get fitter, healthier or lose some weight and never quite sticking with it
- Moving on from past hurts or difficult experiences in relationships, work or with family
- Wanting to move towards a new goal, aspiration or dream for yourself, in life or work

Coaching is widely used in both business and for individuals and there are many different styles of coaching. For this retreat, Georgia is offering a particularly powerful coaching approach to support you to explore how your values and beliefs are generating mindsets and behaviours that are getting in the way for you. She will show you how to create more useful and empowered ways of thinking, feeling and behaving that will enable you to take the steps forward you want to and reconnect with your energy and motivation for living the life you want. She works in a very loving, supportive and gentle way and has a long client list of repeat customers who value her care and skills.

*"You are never too old to set a new goal or
dream a new dream"*

CS Lewis

So if you:

- would appreciate some time out away from the demands of your life or job
- would like some support and space to connect more deeply with yourself
- are feeling frustrated or stuck with some aspect of your life or work
- have a sense that there is something more or different you'd love to be doing
- are thinking about a life or career change in some way
- or simply want to rest, recharge and feel nurtured

*then we'd be absolutely delighted if you'd join us for what will be
wonderful experience in beautiful surroundings!*



*"Your mind hears everything your body says and vice versa . . .
So speak and act with kindness to yourself"*

More about Kirstie . . .

Kirstie is the founder of EBO and The Vitality Retreat and has worked as holistic and sports masseur for 25 years alongside a career in the beauty industry where she continues to offer the benefit of her extensive skills and experience as a brand consultant. She has been running retreats in the UK and the south of France, where she lives, for many years. Her talents as a masseur are very much in demand as she has a deep intuitive healing capability and knows just what each client needs. Her love of nature, passion for healthy living and clean eating is a signature trademark of her wonderful retreats.

Find out more on Facebook:

[https://www.facebook.com/
PrendsletempsRetreats](https://www.facebook.com/PrendsletempsRetreats)



*"The mind and body are not separate . . .
what affects one affects the other"*

More about Georgia . . .

Georgia is a highly experienced coach, facilitator and trainer. Through her work she helps others reconnect with their authentic self and live and work in a way that is in alignment with their values and purpose. She loves to explore her values of collaboration, creativity and caring for the planet whilst working in the UK and Europe with business leaders and teams, from a range of organisations from banks to charities.

She has been running transformational retreats, Find Your Inner Unicorn, for the past two years from her home in Manchester and also works with colleagues in Europe to do this. She loves to support people through her coaching and work with people on a one-to-one basis.

Find out more at www.innerunicorns.co.uk



*"Almost everything will work again if you unplug it for a while,
including you"*
Anne Lammott

Cost and practicalities

Places can be booked on a “first come first served” basis as there are a maximum of 12 places available.

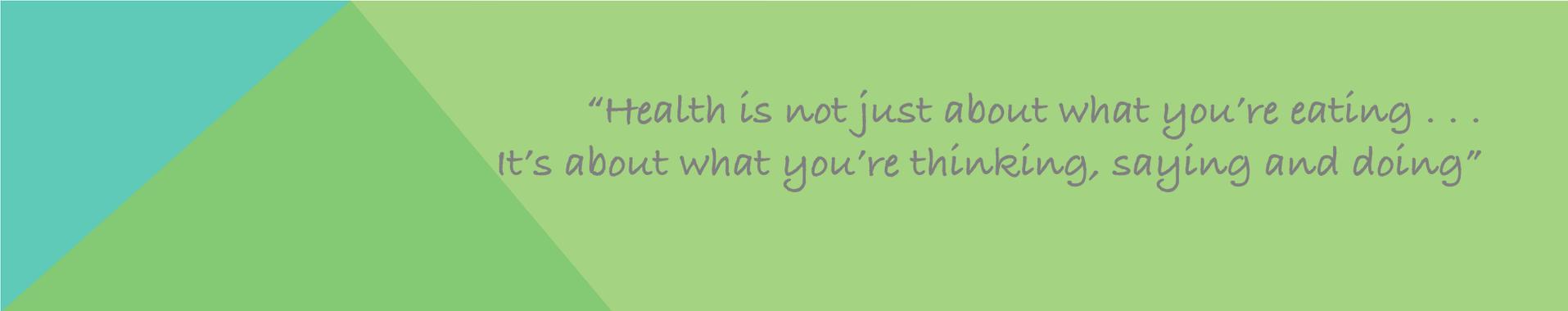
The cost of £1165 is inclusive of the entire retreat programme with 3 nights’ accommodation, all meals and refreshments, two yoga classes per day, one massage treatment with Kirstie and one coaching session with Georgia.

Sharing a twin room with a friend will give you a discount of £165.

You can secure your place with a non-refundable deposit of £250 and we are very happy to agree a payment plan with you over a six month period to spread the cost.

The retreat will start at 10.30am on Thursday 22 March 2018 and close at 3.00pm on Sunday 24 March including accommodation for Friday, Saturday and Sunday night.

You can choose to extend your stay to include Wednesday evening and/ or Sunday evening if you wish create even more space for yourself at an additional cost of £50 per night on a room only basis with use of the house facilities.



*“Health is not just about what you’re eating . . .
It’s about what you’re thinking, saying and doing”*