



The Yoga Collaboration

YOGA. PILATES. WELLBEING.



FINDING YOU

A RESTORATIVE YOGA & WELLBEING RETREAT

THE CATTLE SHED

10th -13th October 2022

Stoke Farm, Grindleford, Hope Valley S32 2HW
The Peak District



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Our Autumn Peak District Restorative Yoga & Wellbeing retreat is the perfect escape to take time out just for you. If you are looking for a luxury midlife women's wellbeing retreat to give you a boost, make you feel re-energised and nurtured, give you the tools to help change your mindset, focus on your wellbeing and leave you feeling that you are in control of your next chapter – this is the one for you!

Join us for three-nights in the beautiful Peak District at our stunning venue in the Derbyshire Dales, Hope Valley. The views across the valleys of the Peak District are outstanding, you will leave feeling like you have been away for a month!

Your special home for your time with us is a stunning barn conversion, with amazing views over the Hope Valley. The Cattleshed has all the luxury comforts you could ever need. Cosy sofas, wood burning fires and valley views from every window. There are lots of seating areas both inside and outside, which means you will have plenty of space, to chill and relax curled up with a book or chatting with others. An outside fire pit will provide the perfect setting for sundowners! Your tranquil bedroom has a kingsize bed or twin if you are sharing, luxury en-suite shower room and picture postcard views. Bedrooms have either a valley view or terrace view.

This is your time for you to take a break from everyday life. Whilst your days will be filled with options for lots to do you can do as much or as little as you would like. The main point of this holiday is for you to feel relaxed and restored.





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HIGHLIGHTS:

- Morning restorative Yoga, includes Yoga for the PeriMenopause
- Evening Yoga Nidra/meditation
- Intro to classical Pilates
- Chakra & Crystal healing
- Life coach session on dealing with transitions and change successfully
- Tools & resources to help support you through this time of your life
- Arrival gift and Yoga Collaboration Goodie bag
- Delicious food prepared by outstanding chefs
- An evening out for dinner in a lovely gastro pub nearby
- Evening chats & sundowners around the fire pit
- Explore the stunning countryside with lovely walks and cold water swimming for the brave in the river at the bottom of the valley!

OPTIONAL:

- Reiki session
- Visit Chatsworth House for the afternoon with the option extra of afternoon tea!
- Treat yourself to a in-house spa treatment (optional extra)
- 1-2-1 personal life coaching session (optional extra)





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Evening chats & sundowners
around the fire pit



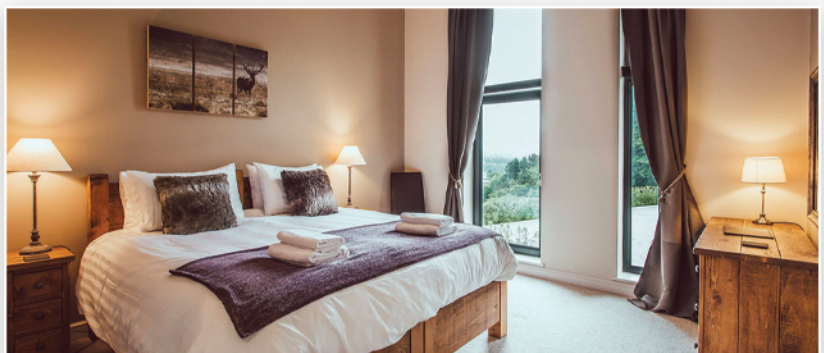
Relax curled up with a book or
chatting with others



Wood burning fires &
valley views from every window



All the luxury comforts
you could ever need





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WHAT'S INCLUDED:

Morning Yoga – including Yoga for the Peri/Menopause
Evening Yoga Nidra/meditation
Intro to Classical Pilates
Chakra/crystal healing
Group Life Coaching session
Snacks/Fruit
* Brunch
* Dinner (Including Soft drinks & wine)
Evening dinner out in a local village
Afternoon at Chatsworth House

INVESTMENT:

10% off for Early Bird up until 1st June

Twin room en-suite £580pp. Deposit £195 (non-refundable)
Single Room en-suite patio view £670pp. Deposit £238 (non-refundable)
Single Room en-suite valley view £715pp. Deposit £248 (non-refundable)

AFTER EARLY BIRD:

Twin room en-suite £645pp. Deposit £215 (non-refundable)
Single room en-suite patio view £745pp. Deposit £262 (non-refundable)
Single room en-suite valley view £795pp. Deposit £273 (non-refundable)

ALL BALANCES TO BE PAID 6 WEEKS PRIOR BY 5TH SEPTEMBER 2022

NOT INCLUDED:

Transport to/from The Cattleshed
(Please make sure travel insurance covers Covid cancellation/postponement)
In-house spa treatment (optional)
Personal 1-2-1 coaching session (optional)
Reiki session (optional)

** Please let us know if you have a food allergy or intolerance.*





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KIM

Kim, your host is the founder of The Yoga Collaboration a boutique Yoga, Pilates & Wellbeing Studio created to provide a beautiful calm, tranquil space for woman to take time for themselves. Kim is also a Life Coach.



SHARON

Sharon, is a Vinyasa trained teacher and also specialises in Yoga for the Menopause, delivering workshops, courses and classes for women at peri/menopause stage.



SALLY

Sally, is an Ashtanga trained teacher and teaches our signature classes at the Studio. Yoga to Nourish, Energise & Calm. Sally is also a Reiki healer and Raynor therapist.

To learn more:

Email: kim@theyogacollaboration.co.uk

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