

RESTORE & REVIVE

RUSHTON HALL - DAY RETREAT

NOVEMBER 9TH 2024



INSPIRED LIVING
RETREATS AND EXPERIENCES

THE RETREAT

A magnificent Grade I Listed Country House hotel in Northamptonshire, Rushton Hall is nestled in 25 acres of immaculate grounds and splendid 16th Century surroundings.

As 2024 comes to an end, our retreat is designed to help you close the year on a high. A safe space (physically and mentally) to review 2024, celebrate our wins, enjoy our learnings, and make space for 2025. We will set our intentions and create an action plan that feels aligned and inspiring.

The perfect environment to look after yourself through inspiring coaching sessions and an afternoon of pampering at Stable Yard Spa.

A tranquil setting where you can relax, restore and revive.





RUSHTON HALL

This historic luxury hotel offers sanctuary to those seeking to relax and reset. A stunning location where you can nourish your body and spirit.

With original fifteenth century features, including stunning architecture, magnificent decor, grand wooden floors and roaring log fires, Rushton Hall truly is an experience from the moment you arrive.

Located near Kettering, Rushton Hall is easily accessible via train or car, with ample parking on site.

Fine dining, wide open spaces overlooking stunning surroundings and the beautiful Stable Yard Spa make Rushton Hall stand amongst a select group of exclusive luxury hotels in the UK.



RETREAT PACKAGE

The day retreat includes all yoga and coaching workshops, lunch - freshly prepared from local produce, access to the Stable Yard spa facilities and teas, coffee and refreshments during breaks.

Agenda for the day:

09:30-10:00 - Arrival and welcome
10:00-11:30 - Winter cleanse: 2024 review and 2025 intention setting
11:30-12:00 - Break
12:00-13:00 - Group coaching session
13:00-14:00 - Lunch
14:00-14:30 - Grounding mindfulness
14:30-15:00 - Break
15:00-20:00 - Free time at Stable Yard spa

Fees:

Welcome offer - £197

Optional extras:

- Transfers to and from the station
- Overnight stay

What's on offer:

- Spa treatments are also available and can be booked as an upgrade for your day.

Please contact us if you need assistance with any of the above.



YOUR HOST AND HOW TO BOOK

Lucia Paredes - [@coachingwithlucia](#)

Lucia is a Happiness Coach and an experienced Marketeer with a 20-year award-winning career.

A highly-skilled coach with training in Positive Psychology, Science of Well-being and Happiness, she understands the challenges of everyday life and living on autopilot.

Drawing from her experience in the fast-paced corporate world and intuition and science learning as a coach, she understands the need for a safe space to thrive and revive and she has run retreats and events in some of the most wonderful settings, creating transformational experiences for her guests since 2004.

To book your space and enquiries:

lucia@inspiredlivingretreats.com



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www.inspiredlivingretreats.com



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Almost everything will
work again if you
unplug it for a few
minutes, including
you.

Anne Lamott



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