

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.

The perfect environment to look after yourself through restorative yoga, 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 - Restorative yoga
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 HOSTS 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, Power of Embodied Transformation 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.

Charlotte Barford - @barefoot.yoga

Charlotte started practising yoga when she was pregnant with her son twenty two years ago and took up a regular practise in 2004 after the birth of her daughter. In 2009 Charlotte trained with 'YogaBugs' the UK's leading provider of yoga for children and bought a franchise taking yoga into schools, children's centres and nurseries in and around the Oundle and Peterborough area.

Having seen the positive impact and enjoyment yoga brought children, in 2012 Charlotte completed the 'Yoga for the Special Child Program' with Jo Manuel giving her the essential tools to make yoga's therapeutic benefits accessible to infants and children with various special needs. Charlotte continues to work with children on a one to one basis.

In 2014 Charlotte completed her Yoga Teaching Diploma at Camyoga in Cambridge and is now a registered yoga teacher with the International Yoga Alliance; she also went on to complete her 50 hr Level 1 Yin Yoga training in April 2017, Level 2 in 2019 with Sarah Lo and more recently in 2023 Restorative Yoga Teacher training with Anna Ashby.

Charlotte's style of teaching has been influenced by some wonderful teachers past and present and her classes are suitable for all levels.

Book your space: lucia@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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