



YOGA GARDEN



Peel back the layers of the British Winter in the beautiful Corfu sunshine.

We've created two new 5 day retreats for you this Spring, both set in a peaceful, private villa offering breathtaking panoramic views and five star comfort. One retreat follows on to the next giving you the option for a complete 10 day lifestyle change - A true gift to replenish the soul and restore the body.

Book by the end of February and receive a £200 discount (on our current website prices) for solo travellers and a £100 discount for those sharing accommodation

Athena Women's Retreat - Reclaim the essence of who you are with Georgina Griggs and Nina Fowkes: April 20-24th (4 Nights)

Tell me who I am beyond what I do...

We are only able to reveal our true natures when we are willing to pause, find space to go inward so we can explore and reclaim the essence of who we are.



With nourishing high vibrational foods, natural wellbeing workshops and healing body work this is a retreat for a complete health and energy re-charge. [Read More](#)

Spring Detox - 4 days to Wellness with Nina Fowkes and Chessy Tudor-Williams. April 25th-29th (4 nights)

The ancient science of Ayurveda teaches us that when it comes to cleansing the body a one size fits all system does not work, we should not all approach a detox or juice fast in the same way. On this exclusive retreat you will receive a personalised programme of nutrition and massage according to your Ayurvedic constitution. Expect to restore your body's precious balance, increase your energy levels and mental clarity, lose any excess weight and rediscover your inner radiance and wellbeing. Lovingly supported every step of the way by our experienced detox team.

[Read More](#)



Both our retreats are for a maximum of 6 guests and include an in depth pre-retreat questionnaire, a follow up consultation with us upon your return to the UK and 5 free yoga classes at The Yoga Garden. [Reserve](#) your space now and plant the seeds of lasting change!

With love and Springtime blessings

Nina, Georgie and Chessy

xxx

[Book a class](#)

Knepp Wildland Safaris, Swallows Lane, Dial Post, Horsham, West Sussex RH13 8NN

www.the-yoga-garden.co.uk



