



G O D M E R S H A M

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M A Y 2 0 2 4



You're invited to Godmersham Park

YOGA
WILD SWIMMING
NUTRITIOUS FOOD & TALK
GARDEN WALKS
SOUND BATH

& MORE

SATURDAY 18TH MAY 2024
12 - 7:30 PM



GODMERSHAM RETREAT

18.05.2024

WHAT TO EXPECT



Godmersham Park's next retreat will take place on *Saturday 18th May 2024*.

Godmersham is situated in the heart of the Kent countryside, less than two hours drive from Central London.



Join us for a day of yoga, nutritious food and nature. The day will culminate in a woodland sound healing ceremony.



AGENDA

GODMERSHAM RETREAT

18.05.2024

12:00PM

ARRIVAL AND WELCOME

12:30-1:30 PM

YOGA WITH GIGI

2:00 PM - 3:00 PM

GARDEN WALK

3:00 PM - 4:00 PM

HERBAL TEAS, NUTRITION TALK WITH LARA &
FRESHLY BAKED TREATS

4:30-5:30 PM

WILD SWIM

5:45 - 6:45 PM

SOUND HEALING WITH NINA

7:00 - 8:00 PM

WARMING SUPPER & CLOSING

8:00 PM

DEPARTURE



GODMERSHAM RETREAT

SOUND HEALING

WITH NINA THISTETHWAITE



Nina is a spiritual wellbeing mentor guiding those on the path of healing + self realisation.

Weaving in breath, movement, contemplation + sound steeped in both wild and ancient wisdom, Nina is devoted to expanding the possibility for love and evolution in this life.



PRICING

GODMERSHAM RETREAT

EARLY BIRD

UNTIL FEB 2024

£105

NORMAL TICKET

£125





18.05.2024

CONTACT
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