



Hosted by Jessica Lambert

"You will be hard pushed to find someone more passionate and committed"

Jessica held her first Retreat in 2015, drawing on her experience working as an Osteopath and Yoga Teacher in several of the world's leading health and wellbeing resorts.

Jessica designed these Retreats after realising the power of a nourishing holiday on the health and wellbeing of guests.

Retreat schedules are carefully considered, providing you with the time to enjoy a variety of movement disciplines, to gift you the luxury of enjoying nourishing, balanced meals and to ensure you can embrace personal down time to rest.

J|L

~ YOGA RETREATS ~

The value of taking care of oneself has never been so important and we love having the opportunity to share our Retreats and support you in a healthier and happier way of living.

Our Retreats gift you the chance to turn off from the notifications and pressures of day to day life. They gift you the time to exercise, nourish and rest - so that you return home with an enhanced sense of wellbeing.

As a yoga teacher, pilates teacher, personal trainer and someone who is extremely passionate and interested in their own health Jessica believes deeply in the benefits of different training modalities. Therefore, on our Retreats you can expect to find a wide range of classes.



VINYASA YOGA - Allowing us to connect with how we are feeling physically, mentally and emotionally. Classes will be dynamic yet accessible, focusing on alignment, the fluidity of movement, building strength and developing awareness. We want you to walk away from these classes with a sense of lightness, carrying less tension and moving more freely.

PILATES - Encouraging us to engage, lift and lengthen. Classes will focus on understanding the importance of developing strength and support around our neck, shoulders, abdomen, lower back and pelvis. We want you to walk away from these classes with an improved posture and a blueprint of simple exercises that will help you prevent common aches and pains.

STRENGTH & CONDITIONING - Bodyweight and resistance exercises will challenge, strengthen and improve your fitness. Classes will be open to all, we want you to have fun in these sessions and leave with the confidence to carry on this beneficial style of training once you return home.

RELAXATION & MEDITATION - Learning to slow down and detach from distraction. This restorative style of class will incorporate breathing exercises and mindfulness practices to help you create a sense of calm and relax the nervous system. We want you to experience and appreciate the benefits of learning to unwind, so that you can take this home and use it as a tool for when the real world starts to move too fast.



Testimonials

“Thank you for everything – the love, care and attention from start to finish. It’s been an incredible experience, I’ve met some truly incredible people along the way and I can’t wait to come back next year!”

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“I wanted to thank you for your kindness and generosity. Your three retreats which I’ve joined this year have been very important to me.

January was a kickstarter; Italy was dreamy, spacious and just what I needed; and Melmerby was a warm autumnal hug.

I wanted to remind you that your teaching is having a domino effect and the goodness and healing will carry forward. I hope you know and feel that your work is impactful and appreciated.

It's inspiring and powerful in so many ways.”

J|L

~ YOGA RETREATS ~

NUTRITION

We live wonderfully full and privileged lives yet one of nature’s most fundamental pillars - our nutrition - is often neglected.

Our Retreats invite you to nourish your body - to sit and savour, to enjoy as you engage, to taste as you talk. We encourage time at the table because the manner in which we eat plays such an important role in our health. Taking your time, chewing, digesting and enjoying are all factors which support digestion and therefore the absorption of nutrients.

The food we enjoy, courtesy of our experienced Retreat chefs, is of highest quality. It is locally sourced and organic where possible - something else we are extremely passionate about - not just because of the health benefits, but because of the impact that farming and sourcing has on the environment.

After our time together, your menu and all the recipes will be put into your very own Bespoke Retreat Recipe book (electronic or bound).



REST

Whilst our Retreats provide you with the opportunity to dive into a selection of exercise classes we invite you to indulge in rest. To turn off from the distractions of work and the logistics of daily life.

We take our time in choosing properties, finding you a home from home, a retreat haven. Throughout the day cosy quiet rooms are put aside for spa treatments and lounges and libraries are available where you can read and relax.

Come nighttime we encourage deep and nourishing sleep. Our classes don’t start at the crack of dawn - we appreciate the importance of sleep and acknowledge how often our busy lives push this aside. We want you to leave relaxed and restored.



~ SAMPLE MENU & ITINERARY ~

We understand how precious your holiday time is and strive to offer Retreats that suit you all. From long weekends in luxury country homes, to energising summer weeks in breathtaking villas and ski retreats in stunning chalets.

Whilst our Retreats are relaxed, a selection of activities are on offer for you to jump in and out of - determining how active your time away is. Below sample itineraries from different Retreats will give you a feel for how our days flow.



Sample Menu

Breakfast / Brunch

A selection of homemade breads with a variety of sweet and savoury toppings.

Apple Cinnamon & Raisin Bircher.

Seasonal Fresh Fruit Salad with Yoghurts.

Lunch

Roast Butternut Squash & Tarragon Soup.

Broccoli, Sun-dried Tomato, Roasted Aubergine & Tamari Sunflower Seed Salad.

Pasta with Homemade Pesto, Olives, Cherry Tomatoes & Rocket.

Dinner

Bruschetta with Cauliflower & Smoked Garlic Pate, Sticky Roasted Pears, Rosemary & Salt.

Homemade Beet Gnocchi with Walnut Pesto.

Kale massaged with Lemon Zest, Olive Oil & Sea Salt Paired with Roasted Parsnips, Leeks, Apple & Toasted Walnuts.

Dessert

Vegan Cheese & Chutney with Homemade Crackers.

Vegan Raw Chocolate Orange Cheesecake.

SAMPLE ITINERARY

LONG WEEKEND RETREAT

8.30am Yoga

10am Brunch

11am - 4pm Spa Treatments, Long Walks, Relaxation.

4.30pm Pilates

5.30pm Restorative Yoga or Meditation

7.30pm Dinner



YOGA & SKI RETREAT

7.30am Yoga

8.30am Breakfast

9.30am Private Transfer to the Slopes

4pm Return to the Chalet for Afternoon Tea & Spa Treatments

5.30pm Restorative Yoga or Meditation

7.30pm Dinner



YOGA & FITNESS RETREAT

8.30am Fitness

10am Brunch

11.45am Dynamic Yoga

1pm - 4pm Free time to explore, enjoy the sunshine & relax.

5 pm Restorative Yoga or Meditation

7pm Dinner





Contact Details

If you would like any more information about our upcoming Retreats please contact Jessica via phone or email.

Phone +447507393216

Email jessica.lambert@hotmail.com

We look forward to hearing from you.

~ UPCOMING RETREATS & CONTACT ~

YOGA & SKI RETREAT

Chalet L'Ours
Morzine
France
26th January - 2nd February 2020



YOGA & FITNESS RETREAT

Maison De La Vaure
Bordeaux
France
31st May - 6th June 2020



YOGA & PILATES WINTER WEEKEND RETREAT

Melmerby Hall
Penrith
UK
5th Nov - 8th Nov 2020



YOGA & PILATES NEW YEAR WEEKEND RETREAT

Blencowe Hall
Penrith
UK
5th Nov - 8th Nov 2020

