

~ BESPOKE YOGA RETREATS ~

Thank you for enquiring about booking a *Bespoke Retreat* with us. We understand that your time is precious and your schedule tight.

We believe it is pivotal that you make the time to nurture your health and wellbeing however we never wish for this to be at the expense of the stress that can come with organising time away to relax and recharge. With a wealth of experience hosting Retreats and working alongside leading luxury hotels and high-end health and wellness resorts, Jessica understands the importance of peace, privacy and five star service.

THE IMPORTANCE OF A RETREAT

Not only are our lives busier than they have ever been, we ask more of ourselves than ever before.

Day to day I work with clients who live extremely full and privileged lives, they juggle demanding careers with busy families. Midst all of this they often struggle to find the time to look after their own health and wellbeing.

From my experience working in world leading health and wellness resorts I have come to realise the power that a nourishing holiday can have on guests wellbeing. Being away from the pace of the city and the pressures of work, having time to train and move, enjoying the luxury of regular balanced meals and embracing the necessity of sleep are all fundamental to improving your health.

THE LUXURY OF A BESPOKE RETREAT

Inviting you and your friends to enjoy a retreat without the stress of organisation. We will simply ask you for the key features of your dream retreat and from there we will create the ultimate retreat experience.

We will find you a beautiful property.

We will organise your travel, not only to and from the venue, but also for any trips or excursions you wish to make over the course of the Retreat.

We will tailor an exercise programme for your Retreat; with offerings such as yoga, pilates, personal training and meditation ensuring you leave feeling calm yet energised.

We will design you an inspiring, nourishing and delicious menu to suit the preference of your group.



Hosted by Jessica Lambert

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

Time spent working at some of the most beautiful and exclusive spas in the world taught me the power of a nourishing holiday on your health and wellbeing.

I wanted to capture this, combine it with my love for travel and share it with guests - all whilst gifting them an experience that would enhance their wellbeing.

If after looking through this brochure you think I could help you with a Retreat that would gift you time to relax, reset and recharge please don't hesitate to get in touch.

Jessica

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Bespoke Retreats for optimal health and wellbeing

As you travel through this brochure you will see the foundations on which I will design your perfect retreat.

I believe there are three pillars which are fundamental to optimum health and wellbeing. Our nutrition, the chance rest and a variety of exercise.

These pillars need not be endured and instead we will integrate them into our time together, enhancing your next luxury travel experience.

On request we will take you through a Bespoke Retreat booking form to ensure you get everything you need out of your time away with us.

~ BESPOKE YOGA RETREATS ~

LET US TAKE YOU THERE

You may know the exact area where you would like to Retreat, or you might be looking for inspiration. And that is why we are here; let us take you somewhere magical and find you a property that blows you away. We will find your dream venue, your retreat haven.



Whether you would like to travel just an hour from your front door or pack your bags for a long-haul adventure, we know just the spot.



From cosy cottages nestled in the English countryside, to breath taking ski chalets with mountain views or wonderful properties hidden in the African outback we can find somewhere that suits the style and size of your group.

EXERCISE

We know the benefit movement has on not only on our physical health, but also our mental state. Our normal lives often leave little time for us to enjoy long walks or really delve into our yoga practice - and they certainly don't allow for both of those things alongside additional strength and conditioning.



We will tailor an exercise programme that looks at your current fitness levels as well as where you would like to be. Retreats normally incorporate a blend of yoga, pilates, long walks, strength, conditioning and meditation.

Of course, depending on our setting, we may include water sports, hiking or other adventures.



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Testimonials

“What a fantastic Retreat, everything was the best it could possibly be and nothing was too much trouble.”
Beverley, 2018.

“This Retreat has been everything I have needed, and I look forward to making Retreats an annual gift to myself.”
Lauren, 2019.

“This week has been such a unique experience.

We are heading home with new resolutions, to keep us as healthy as possible as we move into our sixth decade.”
Mark & Kath, 2020.

NUTRITION

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

Our Bespoke 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 a huge role in our health. Taking your time, chewing, digesting and enjoying are all factors which support digestion and therefore the absorption of nutrients. Ahead of your Retreat we will offer you a range of dining options in order to put together the perfect menu for your time with us.

All of the food we enjoy will be of highest quality, locally sourced and organic where possible - something we are extremely passionate about - not only for the benefit this has on your health but for the impact farming and sourcing foods 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

Our Bespoke Retreats invite you 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 lounges and libraries are available where you can read and take time for yourself. Treatments from specialist beauty and / or massage therapists are scheduled to compliment your training and ensure that you leave your Retreat feeling wonderfully relaxed, aligned and balanced.

Come nighttime we encourage deep and nourishing sleep, classes don’t start at the crack of dawn - we appreciate the importance of sleep and acknowledge how busy lives may push this aside. It is important that you leave feeling rejuvenated and restored.



~ SAMPLE MENU & ITINERARY ~

We understand how precious your time away from work and business is, for your Retreat we will put together an itinerary that makes the most of our time together whilst allowing you to recharge and relax.

These Bespoke Retreats are unique to you, days can be intense and challenging or much more serene. Here are some sample itineraries from previous Retreats.



Sample Menu

Breakfast / Brunch

A selection of homemade breads with a variety of sweet and savoury toppings.
Seasonal Fresh Fruit Salad with Yoghurts.
Cold Pressed Juices, Fresh Coffee and a variety of Tea.

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.

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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 Strength or Conditioning
10am Brunch
11.45am Dynamic Yoga
1pm - 4pm Free time to explore, enjoy the sunshine & relax.
5 pm Restorative Yoga or Meditation
7pm Dinner

