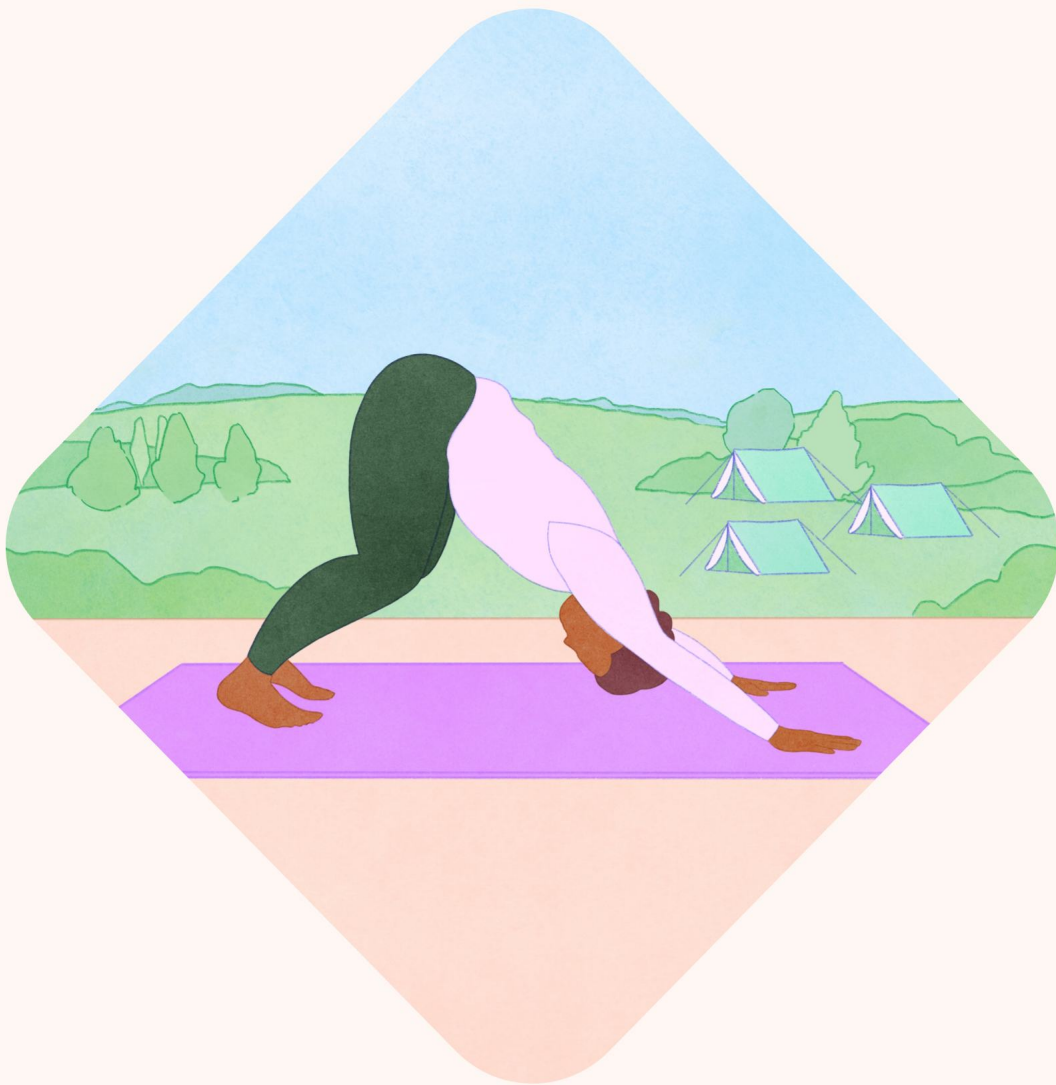


yoga & nature connection

A weekend retreat in Sussex
with Tammy & Lisa



13-15th September 2024

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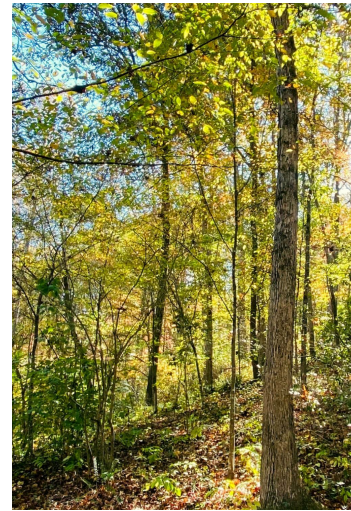
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What to expect

A weekend in nature and community, with easeful yoga practices, to explore and experience connection, joy and relaxation.

- 4pm **Friday 13th September** - 2pm **Sunday 15th September** 2024
- Morning and afternoon yoga
- Nourishing and hearty vegetarian/vegan food
- Private woodland and rolling hills
- Camping in a dedicated quiet field



Tammy and Lisa



The venue

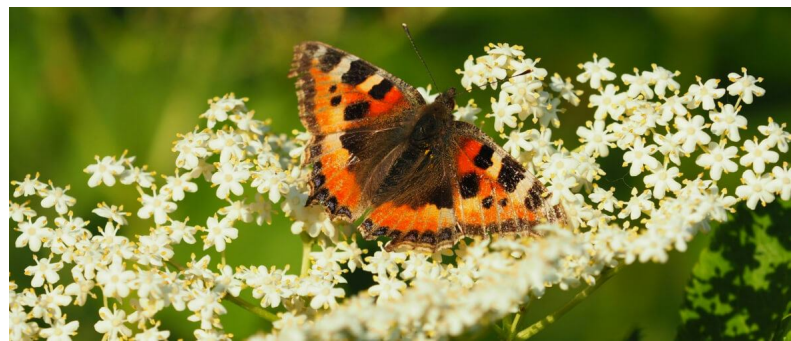
A hidden gem in East Sussex, just 16 miles from Brighton. This community-owned space is set in its own expansive countryside, with adjacent woodland to wake up to the sound of birds.

You'll practice yoga in a sunny wide room overlooking the countryside, and relax in between sessions in the dining room with sofas, woodburners and views across the meadow towards the South Downs.

There are newly refurbished indoor showers and toilets, and a quiet 'snug' with sofas and views.

Outdoors we can gather round the fire pit as the night returns, and solar lanterns guide you back to your camp.

Read more here: www.laughtonlodge.org



The accomodation

Bring your own tent and equipment, make your set-up as luxury or back-to-basics as you like. You will have 24-hour access to the indoor kitchen, snug and dining room, and bathrooms, meaning you can go to bed with a toasty hot water bottle, and enjoy a hot shower when you wake up.

There are a small number of basic rooms also available on a first-come first-served basis - you can indicate your preference for this on the booking form.

The camping area will be a dedicated quiet space at night.



The yoga space



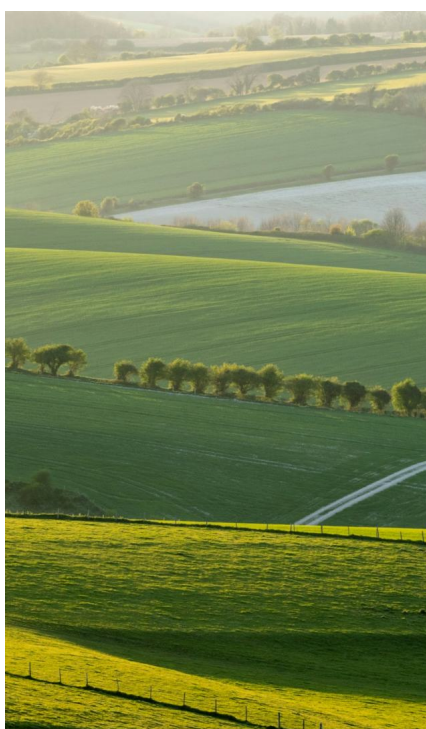
The yoga happens in a light, wooden floored, spacious room with views of the meadow. Mats and props will be provided.

Getting there

The retreat venue is on the outskirts of a small village in East Sussex, 18 miles from Brighton. The nearest train stations are Ringmer (less frequent) and Lewes (more frequent), with the option of a bus (less frequent) or short taxi ride. There is ample parking for those driving.

We will arrange a WhatsApp for lift shares and taxi groupings a few weeks before the retreat.

Venue address: Laughton Lodge,
Common Lane, Laughton, Lewes, BN8
6BY



The invitation

This is a weekend retreat to immerse in nature, in community, and in the body. You will experience gentle and deeply restorative yoga practices, easeful time in meadows and woods, and supportive, friendly, welcoming time in community.

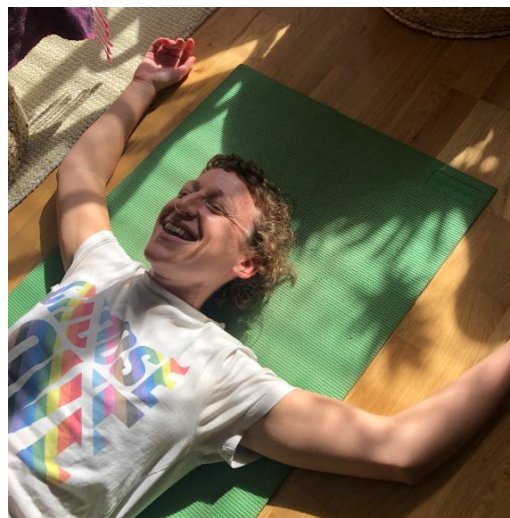
Yoga



Tammy McCann (she/her)

yogawithtammy.co.uk

[instagram.com/vajrasati_yoga_with_tammy](https://www.instagram.com/vajrasati_yoga_with_tammy)



Lisa Morris (she/her)

lisamorris.yoga

[instagram.com/lisa_mindfullyyoga](https://www.instagram.com/lisa_mindfullyyoga)

Both Tammy & Lisa are experienced yoga teachers.

Tammy's offerings include vajrasati yoga (explorative and playful practice), yoga for stress relief and outdoor yoga. Tammy weaves her long commitment to mindfulness, kindness and meditation into her sharings, and her warm humour creates a lightness that allows freedom to find your own practice.

Lisa's offerings include gentle yoga and yoga to wind-down. Lisa brings in her experience in body psychotherapy and yoga therapy, holding space to explore a range of thoughts, sensations and emotions prompted from listening to the body.

Nature

You will be immersed in nature for the weekend. The retreat venue has private woodland filled with native birds, as well as large rolling fields to stroll through.



The food

It's important! Expect to feel nourished and well-fed. All meals are provided and served together.

- **Breakfast:** self-serve with muesli, toast & fruit options.
- **Lunch:** nourishing and filling soups, stews and salads
- **Dinner:** warming stews and curries
- Home made cakes and energy balls
- Tea and coffee available all day
- Fruit available all day

All food is vegan with vegetarian options. Please let us know any other dietary requirements in the booking form. You are welcome to bring extra snacks!



The schedule

Friday

| | |
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| 4pm | Arrive |
| 5pm | Gentle yoga practice |
| 7pm | Dinner |
| 8:30pm | Self care practice |
| 9pm | Nidra |

Saturday

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|---------|-----------------------|
| 8am | Breakfast |
| 9am | Gentle wake up yoga |
| 12:30pm | Lunch |
| 2pm | Nature connection |
| 5pm | Gentle wind-down yoga |
| 7pm | Dinner |
| 8:30pm | Self care practice |
| 9pm | Nidra |

Sunday

| | |
|---------|----------------------------|
| 8:00am | Breakfast |
| 9:00am | Nature connection |
| 10:30pm | Yoga & kindness meditation |
| 12:30pm | Lunch |
| 1:30pm | Pack up |
| 2pm | Leave |



Prices & booking

To secure your booking you must pay a non-refundable deposit of £75, or pay in full.

The full price is as follows:

Early Bird Camping £250

Early Bird Room £325

Full Price Camping £280

Full Price Room £355

Full payment must be made 6 weeks before the retreat (2nd August - don't worry, we'll send out a reminder).

If you would like to discuss a payment plan, please do get in touch with us.

Following payment and booking you will be contacted by email with additional details.

Booking & payment

You can book and arrange payment via our

Booking Form: [forms.gle/AqhPye](https://forms.gle/AqhPyeUfUnMtgzgb9)

[UfUnMtgzgb9](https://forms.gle/AqhPyeUfUnMtgzgb9)

Inclusion

The yoga practices will be accessible to a range of bodies and movers. Tammy & Lisa are skilled in adapting practices for different needs, preferences and energies, and we'll take time to explore variations that suit how you are feeling that day. The booking form has space for you to let us know any needs, questions or concerns you have, which we'll be happy to discuss with you.