



FRASERS

Yoga and Wellness Retreat at Frasers

What to Expect

Each retreat weaves together:

- **Seasonal Yoga & Embodiment Practices** - Heart centred, grounding, and intuitive sessions designed to align with the energy of the season — from gentle awakening flows to deep restful yin.
- **Wild Food Foraging & Plant Connection** - Learn to identify and connect with 3–4 local, seasonal plant species. Explore their uses through tastings, teas, simple recipes, sketches, meditations, or mindful observation— helping participants build confidence and a relationship with the plants.
- **Seasonal Nourishment** - Enjoy locally sourced and wild-inspired meals or snacks that reflect the essence of the season.
- **Nature Connection Experiences** - Slow, guided walks and sensory experiences — whether in woodland, meadow, or field — to help participants truly feel the land and deepen presence in nature.
- **Massage & Holistic Support** - Co-hosted with Becky, offering 1x 55 minute massage during the retreat and assisting in workshops to support deep rest and embodiment.
- **Nutritional support** – Joining the retreat will be expert nutritionist Elaine who will spend time with the group explaining simple ways to improve your health from a nutritional perspective, offering Q&A for the group and a chance to book further 1:1's with Elaine at a later date.

What's included in your Yoga and Wellness retreat:

Typical arrival between 3pm and 4pm on day one, departing around midday on day 3.

2 nights luxury accommodation in one of our 12 beautifully appointed en-suite rooms. All complete with fluffy robes, tea and coffee making facilities, WIFI and comfy beds.

Breakfast on both mornings including farm fresh eggs, seasonal fruit, artisan toast, selection of herbal tea and 'Biddenden' apple or pear juice

Dinner on both evenings which will be served family style to the whole group to enjoy a delicious 2 course meal, focussing on seasonal, local, home-grown foods, utilising items that have been foraged during the retreat

Lunch on one day showcasing nutritional dishes to engage the soul and mind and reenergise you for your afternoon's activities.

Frasers Coldharbour Farm Egerton Nr.Ashford Kent TN27 9DD

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VAT No.:201456213



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2x 90 minute yoga sessions

1x 55 minute treatment

1x 2 hour foraging walk

1x 2 hour connecting with nature session

1x 2 hour nutritional group talk

Free time to reconnect, recharge and relax.

Beautiful spaces to sit and read or meditate

Double occupancy – £1,250.00 (some rooms available as twin rooms)

Single Occupancy - £900.00

Availability –

27th - 29th March

29th – 31st May

10th – 12th July

25th - 27th September

16th - 18th October

13th – 15th November

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