

Summer
Equinox Yoga
Retreat
in the Forest
with Evie
June 20th- 23rd
2024



A yoga retreat to celebrate
the arrival of Summer,
enjoy essential oils and
yoga in nature



Join Evie in the New Forest for an extended weekend of forest bathing, walks, mindful movement and essential oils.



Optional excursions such as day trip to Lymington Pier and town.

The retreat will be a home for you to relax, enjoy daily yoga practice and not to mention, a feast of delicious homely food for four days. Over three nights, you'll enjoy a wonderful, peaceful rest at converted stables in the middle of the New Forest.



A NOTE FROM YOUR HOST - EVIE MOLLER

Yoga is not just asana practice, it is how you approach daily life. What changes or movements can you make daily in your life to find more peace and ease. Throughout the weekend, a series of classes have been designed to be inclusive, welcoming and suitable for every body. I can't wait to share these practices with you and enjoy spending time in nature away from city life distractions.

THE VENUE

Situated north of Lymington in the New Forest area the venue is converted stables and is a working farm, you will be very welcome to collect fresh eggs in the morning from the chickens, pick as many seasonal vegetables and help yourself to all fruit.

You can either drive to the venue which is approx. 2.5hr from London or train to Lymington and take a transfer (1hr 45min train and 10min transfer).



1x room of 4 singles, 1x room of two singles and 1x room of a double bed (two person capacity)

A photograph of a forest path. The path is made of gravel and is bordered by a wooden fence. The trees are tall and green, with sunlight filtering through the leaves. The overall scene is peaceful and natural.

ABOUT THE RETREAT

The beautiful surroundings of the New Forest remind us of our connection to nature. With two daily practices of yoga, breathwork and meditation, Evie will lead a weekend focused on building your practice around your needs, coming back home to your body and finding joy in movement. This retreat is for all levels of experience, first-timers, long-timers and everyone in between.



WHAT'S INCLUDED

- 3 nights accommodation over 4 days.
- Fully inclusive food for 4 days which includes three meals per day plus extras (such as juice, snacks, treats and fruit, nuts and further refreshments).
- A long weekend yoga programme, including extended yoga sessions
- Guided walks through the New Forest

WHAT'S NOT INCLUDED

- Travel expenses are not included in the retreat cost.
- Additional extras such as pub lunches/dinner/drinks
- Extra excursions such as going to Lymington Pier.

SAMPLE SCHEDULE

THURSDAY

16.00: Arrival from 4pm. Welcome drinks and moment to settling into your weekend home

17:30 Summer Equinox Rituals

19:00 First Dinner together

21:00 Yoga Nidra

FRIDAY

07:00 Silent Morning, Tea/light snacks and moments to pause (or sleep)

08.00-09:30: Vinyasa yoga

10.00: Breakfast

11:30: Packed lunches ready to go-
Guided Walk in New Forest

13.30: Lunch in nature

14:30 Forest Bathing and walk back to accommodation

15:30-17:00 Free Time

17:00-18:30 Slow Flow and Restorative Yoga

19:15 onwards Dinner

22:30 Lights out



SATURDAY

07:00 Silent Morning, Tea/light snacks and moments to pause (or sleep)

08:00-8:20 FACE YOGA

08.20-09:30: Dynamic Class

10.00: Breakfast

11:30: Option to go to Lymington Pier for a day excursion OR additional Walk in the New Forest finishing at a pub for lunch.

13.30: Pub lunch

14:30 Walk back to accommodation

16:00-17:00 Workshop Time

17:00-18:00 Free Time

18:00- 19:00 Meditation & Yoga Nidra

19:30 onwards Dinner

22:00 Lights out

SUNDAY

07:30-8:30 FACE YOGA + Slow Flow Sunday

09.00: Breakfast + Pack Bags

10:00 Depart Retreat

*Sample schedule, timings and activities may change



Booking

Non-refundable deposit: £80

Bunk Room- 4 single beds.

Early Bird Price: £450 per bed, Standard Price:
£570

Twinnie- 2 single beds.

Early Bird Price: £450 per bed, Standard Price:
£570

Double Trouble- 1 double bed (capacity two)

Early Bird £800 for room, Standard £900 for room

*Early Bird Prices available until November 1st
2023 or until sold out!

**Balance to be paid by May 1st 2024

Book via evieyogini.com

