

NOURISH & PLAY

a sanctuary to relax, create and connect





THE NOURISH CO.



NORFOLK UK RETREAT
20 - 23RD SEPTEMBER 2024

12 magical humans will be gathering over the Autumn Equinox for a super nourishing 3 night retreat in the Norfolk countryside. Our sanctuary will be the beautiful Mediterranean inspired *House of Boheme*.

This retreat is all about receiving **head to toe nourishment**, soaking up the good vibes, and going home feeling on top of the world! It's also your **sanctuary for play**, a beautiful and inspiring space for you to immerse yourself in creative activities... 100% for the pure joy of it, leaving those pesky expectations at the door!

So, whether you simply want to switch off and recharge your batteries, or shake off the seriousness of life to reconnect with your playful spirit... this retreat has got your back!

Will one of these spaces be yours? I'd love to see you there!

Lots of love,
April x

ESSENTIAL INFO

WHERE?

The House of Boheme

NR9 5BZ

(20 minute taxi ride from Norwich Station)

WHEN?

Starts: 4pm Friday 20th September 2023

Ends: 10am Monday 23rd September 2023

HOW MUCH?

Every room is different! You'll find enclosed all the accommodation options and prices ranging from £595 to £875

WHAT'S INCLUDED?

This is an all-inclusive retreat! Absolutely zero extra costs or add-ons! Everything you find in the brochure is covered as part of the retreat cost :)

WHAT'S THE VIBE?

Head to toe nourishment and connecting to play! The invitation will be to take a digital detox, allowing you to switch off external noise and fully immerse yourself in the retreat experience! And as always, join in on what feels good, and leave the rest!





WHAT'S INCLUDED?

- 3 nights / 4 days luxury accommodation
 - All meals, snacks and drinks
 - Daily meditation and yoga
 - Sound healing sessions
 - 1:1 bespoke holistic treatment
 - Pottery painting workshop
 - Ceremonial cacao and woodland walk
 - Use of hot tub, sauna and cold plunge
 - Creative mock-tail making
 - Guided self massage workshop
 - Tea blending and biscuit decorating
 - Pamper pack for your stay
- And more...

YOGA AND MORE WITH APRIL

Hi, I'm April, your warm and welcoming retreat host! I love creating spaces where people get to switch off and re-connect to themselves, their own innate wisdom and inner magic! During your stay, I'll be leading our meditation sessions, yoga classes, sound relaxations and more! My intention is for you to land on cloud 9, to feel totally nourished, and deeply rested in the light-hearted energy of joy and play! Let's make some magical memories together!



PLANT BASED FEASTS BY JENI

Cooking from the heart, going with feeling rather than any kind of recipe plan, Jeni's food is vibrant, packed full of flavour and always offers something new and exciting.. I'm SO happy to welcome Jeni as our chef for the weekend! After being fed by Jeni on a retreat I attended last year, I can confirm that her food is 100% nourishing, comforting, delicious soul food! We're in for a treat!

HOLISTIC TREATMENT WITH LAURA

Included in the retreat is a 1:1 session with [Laura](#), our amazing in house holistic therapist! Laura will be offering you a bespoke treatment, tailored to whatever is needed in the moment to nourish you head to toe, and deepen you into your connection to play. This is your space to let go and simply be... soak up the good vibes, and leave feeling deeply rested, restored and inspired.



POTTERY PAINTING WITH LIZZIE

We have the awesome [Lizzie](#) of croucherli coming to host a pottery painting workshop for us! She makes incredible ceramics and will be bringing us some of her pieces to decorate and weave our own creative energy and intention into! This workshop will be a lot of fun, and such a sweet way to remember the retreat when you return home!



R O O M S + P R I C E S

MAIN HOUSE - Upstairs

Bedroom 1

Bedroom 2

Bedroom 3

Bedroom 4

Main Bathroom with bath and shower

MAIN HOUSE - Downstairs

Living Room

Dining Room

Zen Den

Kitchen

Bathroom with shower

Yoga Studio

GARDEN

"The Nest" Annex

Private Cabin

Hot Tub

Sauna and Ice Bath

PROVIDED FOR YOUR STAY

Toiletries

Towels

Hairdryers

Yoga mats, cushions and bolsters





BEDROOM 1 - SUPER KING BED

w/private ensuite

£845 single occupancy

£695pp double occupancy

BEDROOM 2 - 3 SINGLE BEDS

w/shared bathroom

£595pp

BEDROOM 3 - DOUBLE BED

w/shared bathroom

£775 single occupancy

£650pp double occupancy

BEDROOM 4 - 2 SINGLE BEDS

w/shared bathroom

£650pp

THE NEST - ANNEX - 2 SINGLE BEDS

w/ensuite, fridge and kettle

£695pp

PRIVATE CABIN - KING BED

w/ensuite and kitchen

£875 single occupancy

£725pp double occupancy

PAYMENT AND TERMS

PAY IN FULL

(inc. £150 non refundable deposit)

PAYMENT PLAN

£150 Deposit

£100 by 1st May

£100 by 1st June

£100 by 1st July

£100 by 1st August

Balance by 20th August

PRICE INCLUDES: Everything mentioned in this brochure and more!

PRICE DOESN'T INCLUDE: Travel

[CLICK HERE](#) TO READ OUR RETREAT TERMS AND CONDITIONS.

TO BOOK

Email: info@thenourishco.co.uk with your desired room / space and we will confirm availability and provide payment details.

Any questions, reach out! :)

