



Herb House



Living Well in Rhythm with Nature

'A Taste of Kamalaya' Retreat at Herb House, Lime Wood

JUNE 2019 SEES THE RETURN OF THE COLLABORATION BETWEEN KAMALAYA WELLNESS SANCTUARY & HOLISTIC SPA IN KOH SAMUI, THAILAND AND LIME WOOD'S HERB HOUSE SPA, TUCKED AWAY IN THE NEW FOREST.

Retreat Dates

Monday 3rd June – Wednesday 5th June 2019 or
Wednesday 5th June – Friday 7th June 2019 **SOLD OUT**

Prices from £1,695 per person, on an all-inclusive package. To book please email reservations@herbhousespa.co.uk or call 023 8028 6998

Inspired by their ancient forest surroundings and dedicated to natural wellbeing, both Kamalaya and Herb House share a passion for authentic, holistic treatments and ideologies that take inspiration from centuries of wellbeing tradition. John and Karina Stewart, founders of Kamalaya, and a handful of their top therapists and mentors will take up a residency at Herb House for a series of three day retreats.

Kamalaya was inspired by the 16 years John spent devoted to a life of service and spiritual studies in a Himalayan community and Karina's 22 years in the study and practice of diverse Asian healing and spiritual traditions, including her background as a Master of Traditional Chinese Medicine.

"At the heart of Traditional Chinese medicine is the understanding that we are a part of nature and nature is our greatest healer. A life lived in harmony with nature ensures longevity, health and vitality and a life which supports the flourishing of our full potential."

Karina Stewart, Kamalaya Founder, Master in Acupuncture and Traditional Chinese Medicine (MATCM)

Taking a unique approach to complete wellbeing and personal fulfilment, Kamalaya transcends the usual spa offering to deliver an empowering holistic experience that encourages you to open your heart, rest your mind, nurture your body and engage your spirit and connect with the power and wonder within.

The Retreat

To bring people into harmony with nature is one of the guiding principles upon which Kamalaya is founded and a core principle in Traditional Chinese Medicine. We consider nature the greatest healer and a connection to nature is a vital, nurturing element integral to one's overall health and wellbeing. For many people, our modern, fast-paced world causes a disconnection from their own innate source of healing potential. Being reconnected to that source can be a profoundly transformative experience.

Translating these philosophies and incorporating them into our lifestyles can mean simply spending time in nature and reconnecting with our five senses, as well as eating nutrient-rich foods and developing wake-sleep-cycle that follows the rhythms of nature (i.e. early to bed and rise with the sun).

Inspired by Lime Wood's ancient forest surroundings, 2019's retreats will focus on how we can make lifestyle changes to live according to the natural rhythms in nature and within ourselves. We will offer teachings, treatments and practices for mind, body and spirit guiding the way to a happier and more fulfilling life, one that brings us into greater balance with nature and within ourselves.

The Research

We all know how a simple walk in the park can make us feel lighter and brighter, but there is also a growing body of research to confirm that indeed being in nature soothes the mind, improves our mental health and has positive physical effects on the brain. In general, there seems to be a link showing a higher incidence of psychological problems for people living in cities, but according to some research, urban dwellers can significantly lower levels of stress hormones and anxiety by spending time in green spaces and parks. Even a 30 minute walk every day can make a difference.



The Food

As food is an essential part of our daily life, it is the perfect vehicle to provide the support necessary for enhanced vitality and optimal health. All holistic medical traditions have regarded food as the 'first medicine'!

Menus during the retreat will be a collaboration between Karina Stewart, Kamalaya's Co-founder and Master of Traditional Chinese Medicine, Kamalaya's Culinary Director Kai Mueller, Luke Holder, Head Chef of Lime Wood's Hartnett Holder & Co and Sheila Hulme, Creative Chef of Raw & Cured in the Herb House. The menus are influenced by Karina's wealth of knowledge in functional medicine and cellular detoxification, and brought to vibrant life through Kai, Luke and Sheila's passion for using local ingredients and cooking methods in healthy and innovative ways.

Merging culinary traditions of East and West and using fresh and where possible, organic produce, the menus will include many vegetarian options as well as seafood, poultry and lamb dishes. It all begins with ingredients – fresh, healthy and nutrient-rich, because you can't take energy from food which has none to give!

The Results

This three day retreat in a beautiful setting surrounded by nature with a small group of like-minded participants will support each person to reset their body and mind from the stress response to the healing response, calming and rebalancing the nervous system, and enhancing our emotional balance and mental clarity. You will also gain insight as well as tools and resources to continue these changes at home.

A Living Well in Rhythm with nature retreat includes:

- Inspiring group talks with Kamalaya founders John Stewart and Karina Stewart (Master of Traditional Chinese Medicine) and Kamalaya's Life Enhancement Mentor, a former monk – this is a rare opportunity to personally connect with and learn from the Kamalaya founders
- A group Pranayama and Meditation session in nature
- Early morning movement sessions
- x2 Kamalaya spa treatments
- Delicious healthy food, including breakfast, lunch and dinner during your stay
- x1 personal mentoring session with Kamalaya's Life Enhancement Mentor
- The ultimate in laid-back luxury accommodation at Lime Wood
- Quiet down time to use the Herb House Spa facilities or explore the New Forest
- Option to book carefully selected treatments from the Herb House range that complement the retreat experience