



Herb House and Mindfulness and Beyond

September 2024

3-night retreat: Embracing Connection
Tuesday 17th - Friday 20th September

1-night retreat: Open Mind: Open Heart
Monday 16th - Tuesday 17th September

Herb House are partnering with Mindfulness and Beyond for the second time and launching a 3-night Embracing Connection Retreat and 1-night Open Mind, Open Heart Self Care Retreat. Take some time to restore, build and nourish your relationship with yourself and others. Move from disconnection to connection and rediscover emotional balance while immersed in the relaxing and restorative environment of Lime Wood.

The 3-night residential retreat:

An immersive retreat where you will learn to build, sustain and enhance your ability to connect with others, while addressing the challenges that come with it. This retreat will help you manage your individual space and boundaries while maintaining a sense of belonging and connection.



This retreat is for you if you seek to:

- start new relationships or enhance existing ones
- discover love and joy in relationships
- improve communication
- move away from loneliness

You learn:

- the three foundations of a thriving relationship
- the six steps of letting go difficult emotions
- to heal your primary decisions around connection
- the art of true listening
- the tools to manage mutual expectations in relationships

The retreat includes:

- Pre-retreat questionnaire and advice to help you make the most of your experience
- 3-night stay in a double bedroom at Lime Wood
- Insightful group talks with Mindfulness and Beyond mentors, Rajesh and Smitha
- Daily pranayama breathwork and meditation practice
- Daily walking meditation
- Powerful inner healing processes
- 2 x 60-minute treatments of your choice
- 2 x 30-minute personal mentoring sessions
- Breakout group discussions
- Time and space for contemplation in nature
- Delicious, nutritious and feel-good food
- Take home toolkit to sustain balance following the retreat

Prices from £3585 for single occupancy.

Prices from £5595 (£2,797.50 per person) for double occupancy.

The retreat leaders:


Rajesh Ramani is an internationally sought-after mentor, teacher and retreat facilitator. Over the past 25+ years, he has facilitated spiritual retreats and leadership conferences in more than 18 countries.

Smitha Jayakumar is a personal mentor, counsellor and teacher with more than 22 years of experience working with individuals and groups,

conducting therapies, workshops and retreats for mental, emotional and spiritual wellbeing.

Rajesh and Smitha are the founders of Mindfulness and Beyond, a heart-centered wellbeing platform focused on mental, emotional and spiritual wellness specialising in curated retreats, courses and personal mentoring.





Where will you stay?

Cosy up in one of our 33 bedrooms, each room is unique in its design with breath-taking views and beds so comfy you won't want to leave...

Stay with us from £3585, if you would like to guarantee a specific room please let our team know when booking.

What does the retreat look like? Tuesday 17th - Friday 20th September 2024

Day one: The Relationship matrix

- Arrival and welcome
- Breakfast
- Self introduction and orientation
- Relationship dynamics – Insights and workout
- Group lunch
- 60-minute treatment of your choice
- Evening practice – Connecting to body and breath
- Group dinner at HH&Co

Day two: Algorithm of Emotions

- Morning practice: Breathwork and meditation
- Breakfast
- Understanding emotions: Insights and workout
- Lunch
- Healing process and breakout session
- Evening practice: Walking Meditation
- Group Dinner at HH&Co

Day 3: Breakaway from the past

- Morning practice: Breathwork and awareness meditation
- Breakfast
- Insights on letting go
- Lunch
- 60-minute treatment of your choice
- Healing the inner child
- Evening practice: Movement and contemplation
- Group dinner at HH&Co

Day 4 Staying vulnerable and Inter-Living

- Morning practice: Movement, breathwork and meditation
- Breakfast and check out
- Letting love in: Insights and contemplative meditation
- Right communication: Insights and workouts
- Revision, take home practices and winding up the retreat
- Group lunch
- Use of the Herb House Spa and departure





Herb House and Mindfulness and Beyond

Open Mind: Open Heart, a day of positive thinking and feeling
1-night Retreat: Monday 16th September - Tuesday 17th September

1-night residential retreat:

The pressures and stresses of life can keep us constantly on our toes or push us into a survival mode physically, mentally or emotionally. When we feel drained, we are often left searching for positivity in the maze of events and interactions in our everyday life.

In this 1-night retreat we allow our hearts and minds to flow freely and relearn to hope and aspire with abandon.

The retreat includes:

- Pre-retreat questionnaire and advice to help you make the most of your experience
 - 1-night stay in a double bedroom at Lime Wood
- Insightful group sessions with Mindfulness and Beyond mentors, Rajesh and Smitha
 - Afternoon workshop with Rajesh and Smitha
 - Delicious, nutritious and feel-good food
- Downtime in the Herb House Spa from 4.30pm to build positive, healthy and sustainable routines that assist your wellbeing
 - Take home toolkit to sustain balance following the retreat

Prices from £1140 for single occupancy. Prices from £1755 (£877.50 per person) for double occupancy.

Where will you stay?

Cosy up in one of our 33 bedrooms, each room is unique in its design with breath-taking views and beds so comfy you won't want to leave...

Stay with us from £1140, if you would like to guarantee a specific room please let our team know when booking.

“The incredible connection to nature that one experiences at Lime Wood nurtures a space for meditation and transformation to happen. We are excited to bring our retreats and workshops to this unique setting to co-create a profound healing experience for all.”

Rajesh & Smitha, Mindfulness and Beyond

For more information please call us on 023 8028 7177 or email reservations@limewood.co.uk

