



Herb House and Mindfulness and Beyond

May 2024

3-night retreat: Stress, Balance and Wellbeing
Tuesday 14th May to Friday 17th May

1-night retreat: Befriending Oneself
Monday 13th May to Tuesday 14th May

Herb House are partnering with Mindfulness and Beyond for the second time and launching a 3-night Stress, Balance and Wellbeing Retreat and a 1-night Befriending Oneself Self Care Retreat. Take some time to restore the body-mind-heart connection, regulate the nervous system and rediscover the peace of balance whilst immersed in the relaxing and restorative environment of Lime Wood.

3-night Stress, Balance and Wellbeing

The retreat, which will be led by Rajesh and Smitha over three days, offers guests an immersive experience, allowing them to explore, understand and dissolve the sources of their stress, change their response to it and achieve a state of wellbeing beyond stress.

This retreat is for you if you...

- feel the need to take the time and space for yourself
- want to move away from the burnout, exhaustion and anxiety of stress
- want to experience deep relaxation in body and mind
- want to be free of recurring stress patterns

The results: you will be able to...

- slow down and step into a mindful space
- learn the three antidotes of stress
- create a personal wellbeing plan
- experience a renewed calm
- restore your energy for life



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 movement, energetic breathwork and mindfulness practices
- 2 x 30-minute personal guidance sessions
- Breakout group discussions
- Forest bathing in the New Forest
- 2 x 60-minute treatments of your choice
- Delicious, nutritious and feel-good food
- Take home toolkit to sustain balance following the retreat

Prices from £3486 for single occupancy.
Prices from £5397 (£2,698.50 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 £3486, if you would like to guarantee a specific room please let our team know when booking.

What does the retreat look like? Tuesday 14th - Friday 17th May 2024

Day 1: Rest your body and mind

- Arrival and welcome
- Opening practice
- Breakfast
- Self-introduction and Orientation
- Group Lunch
- Insights and workouts on restoring balance
- Evening practice: Reconnecting with body and deep relaxation
- Group dinner at HH&Co

Day 2: Let go of repetitive stress cycles

- Insights and morning practices
- Breakfast
- Insights and workouts on stressors
- Lunch
- Personal guidance sessions
- 60-minute treatment of your choice
- Insights and Healing process
- Evening practice: Walking meditation
- Group Dinner at HH&Co

Day 3: The Heart experience and your wellbeing-plan

- Morning meditation and breathwork
- Breakfast
- Insights and process to awaken the heart space
- Lunch
- Personal guidance sessions
- 60-minute treatment of your choice
- Workout: Your personal wellbeing plan
- Evening practice: Contemplation and movement meditation
- Group dinner at HH&Co

Day 4: Embody your balance

- Discussion, workout and breakout sessions
- Breakfast and check out
- Recapturing insights, Toolkit and winding up the retreat
- Group Lunch
- Use of the Herb House spa and departure





Herb House and Mindfulness and Beyond

1-night retreat: *Befriending Oneself – an immersion into self-care and self-love.*

Retreat: Monday 13th – Tuesday 14th May

1-night residential retreat:

Often, consumed in striving to create a good life, fulfill responsibilities, and achieve success we struggle to prioritize ourselves. Some of us do manage to take time and effort with our body, but what about nourishing our mind and heart? In this mini-retreat, we create a space for contemplation, shifting our attitude towards ourselves to one of greater kindness and practice conscious self-care.

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
 - 60-minute treatment of your choice
 - Delicious, nutritious and feel-good food
- 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

