

# NURTURE & NOURISH WOMEN'S RETREAT

A healing weekend of Yoga, Psychology & Coaching An invitation to come home to yourself



**12.05 - 14.05 2023**

**Led by Dr. Stephanie Minchin & Liz Joy Hardie**

**The House of Yoga Psychology x**

**Elizabeth Joy Wellbeing**

*Are you in need of some time for yourself to reset?*

*Are you feeling uninspired & longing for  
more spiritual connection?*

*Are you feeling called to go deeper & heal?*

*Are you looking for sisterhood & community?*

*When was the last time you took a weekend off the busy  
demands of life & invested that time into you, into your  
happiness, your healing and your self care?*

We invite you to retreat with us & celebrate Mental Health Awareness Week away from the bustling city to the soothing surrounds of nature.

Join us for our first Nurture & Nourish, Yoga & Wellbeing Retreat. To invest in some well deserved rest, to make space to nourish your body, nurture your mind and reconnect with your true spirit.





## YOGA, BREATHWORK & MEDITATION

Reconnect with your body & mind in the beautiful Yoga Shala & grounds. We'll be sharing a blissful blend of Yoga Flow, Yin & Yoga Therapy. Every body is welcome whether you are a new yogi, healing or have a regular practice.

### RETREAT ACTIVITIES INCLUDE

*(but are not limited to)*

Welcome Ceremony

~

Daily Yoga & Meditation

Psychology Workshop with Dr. Stephanie Minchin

Vision Board & Coaching Workshop with Liz Joy Hardie

Saturday Shake Down ~ Movement, Dance & Shaking

Yoga Philosophy Talk

Breathing Circle

Yoga Therapy

Night time Nidra & Sound

& some very special surprises...

~

Self guided chill time in Nature

Optional Massages (at additional cost)

Hot tub time

~

Closing Ceremony





## PSYCHOLOGY WORKSHOPS & HOLISTIC WELLNESS COACHING

We'll be sharing our expertise & passion in our specialist workshops.

Offering you a deep dive into better understanding yourself, building tools & new skills to enrich your life and support your mental health & emotional wellbeing beyond the retreat.







## NOURISHING FOOD TO NURTURE YOUR BODY

Delicious Vegetarian food to fuel you with goodness. Smoothies & soothing drinks to replenish your body. Sourced from local organic farmers & Wingham & Country Market, which means less plastic, packaging waste and travel!

### *Sample Menu*

*All dietary requirements can be catered to*

### FRIDAY

WELCOME SNACK: Apple and molasses cake

DINNER: Sweet and sour tagine, quinoa, courgettes with halloumi, mint and lemon zest, moroccan carrot salad. PUDDING: Poached plums with cashew cream and tahini biscuits.

### SATURDAY

BREAKFAST: Oat and amaranth porridge with stewed spiced fruits. Baked eggs, tahini, sourdough. Nut butter and honey.

LUNCH: All greens soup, golden slice, harissa, roasted beets, green salad

DINNER: Chana masala, green bean curry, spiced rice, heritage tomato salad with onion and coriander, raita.

PUDDING: Chocolate nut butter cups

### SUNDAY

BREAKFAST: Blackberry chia bowl with granola topping.

Boiled eggs, toast and toppings.

LUNCH: Beetroot burgers, salsa verde, baked sweet potato with dill and feta, watercress with apple and walnuts, lettuce slaw.



## RECONNECT TO NATURE

You will have 19 acres to inhabit, this includes a selection of beautifully manicured secret gardens & tree-lined fields with an array of flowers, plants and trees, & a large pond full of fish and frogs with small waterfalls at both ends. There are plenty of relaxation spots, hammocks and sun loungers to enjoy.

Beneath the pine trees in the far open field you have a scandinavian wood-fired hot tub for up to 8 to relax in - enjoy the vast sky, treelines and surrounding countryside by day and stargazing at night. On site is a beautiful 17th Century house where the family live.







## RECONNECT TO YOURSELF

Relax, Restore & Unravel

*“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow.”*

*You cannot serve from an empty vessel.”*

*~ Eleanor Brown*







## YOUR SANCTUARY

Stunning Yoga Shala, Scandinavian style lounge  
- diner with big comfy sofas and a log burner  
where you can chill, read or chat with fresh &  
herbal teas.

Click below to transport yourself to the  
Quaives and get a glimpse of what you'll  
experience...

[TAKE ME THERE!](#)







## KULA COTTAGE SCANDI DORM

Bright and airy Scandi Style dorm room with 8 single beds  
(4 x adult bunk beds), with 3 beautiful light toilets & shower rooms.

**Shared Occupancy - 8 beds**  
**EARLYBIRD PRICE: £567**

Instalments: 3 x £189  
Full Price: £630

[WATCH THE VIDEO](#)







## FUCHSIA COTTAGE

Scandi Style 2 Bedroom Cottage with beautiful ensuite, gorgeous lounge & open plan kitchen.

Bedroom a) 2 single beds

Bedroom b) adult bunk bed

**Shared Occupancy - 4 beds**

**EARLYBIRD PRICE: £657**

Instalments: 3 x £219

Full Price: £730

[WATCH THE VIDEO](#)







## BUMBLEBEE COTTAGE

Scandi Style 1 King bed, beautiful ensuite shower room with open plan living room, log burning fire & kitchen.

**Shared Occupancy - Shared King bed for 2 ppl**  
**EARLYBIRD PRICE: £675**

Instalments: 3 x £225  
Full Price: £750

**Single Occupancy - King bed**  
**EARLYBIRD PRICE: £1341**

Instalments: 3 x £447  
Full Price: £1490

[WATCH THE VIDEO](#)







## SONGBIRD COTTAGE

Scandi Style 2 Bedroom Cottage with 1 King bed or 2 single beds, beautiful ensuite shower room, open plan kitchen & living room.

**Shared Occupancy - 2 beds**  
**EARLYBIRD PRICE: £675**

Instalments: 3 x £225  
Full Price: £750

**Single Occupancy - King bed**  
**EARLYBIRD PRICE: £1341**

Instalments: 3 x £447  
Full Price: £1490

[WATCH THE VIDEO](#)





# ALLOW YOURSELF TO BE HELD BY US

A healing weekend of Yoga, Psychology & Coaching An invitation to come home to yourself

## **Dr. Stephanie Minchin**

Yoga was my therapy; before I was able to put words to my experience. As I journeyed through the worlds of yoga teaching and clinical psychology I understood the essence of both as healing, through a process of self-inquiry and inner transformation. For me, the parallel between sharing psychological therapy and yoga with others was about 'holding space' and inviting inner connection to understand oneself. Both yoga and psychology have supported me to become more grounded, mindful and self-compassionate, with an approach of acceptance and gratitude each day.

With over 11 years of experience working in mental health services, and sharing my specialisms in trainings, workshops and conferences and book chapters, I continue to integrate yoga and psychology, supporting others to move beyond the power of diagnostic labels, focusing on strength and growth from a place of embodiment.

In my offerings I advocate for the healing powers of yoga and psychology for a calm mind, strong body and open heart. I can't wait to share these gifts with you!

Stephanie is the founder of The Yoga Psychologist (1:1 therapies) and The House of Yoga Psychology (integrating yoga and psychology for personal healing, professional development, training and education).

IG: @theyogapsychologist @thehouseofyogapsychology

Website: <https://www.theyogapsychologist.uk/>

Facebook: <https://www.facebook.com/stephanietheyogapsychologist>

Inquiries: [stephanie@theyogapsychologist.uk](mailto:stephanie@theyogapsychologist.uk)

## **Liz Joy Hardie**

I started my career in the fast-paced world of luxury fashion at Net-A-Porter & Vivienne Westwood and initially began practicing Yoga as a way to manage stress whilst burning the candle at both ends! I took a sabbatical & spent a year volunteering at the Safe Childhoods Foundation in Bali, an NGO committed to combating child trafficking, which was a time of total transformation. I began to understand the true benefits of Yoga, breath-work & positive psychology as therapeutic tools.

When I returned to work I was signed off with Malignant Hypertension, PTSD & Generalised Anxiety Disorder, and I knew it was time I left the Fashion Industry behind. I started teaching Yoga with the goal of helping others to lead healthier lives holistically.

Now I live by the sea in Brighton & when I'm not teaching Yoga, I work as Head of Wellness at MoreYoga. I specialise in Yoga Therapy for Stress & Anxiety & am also a Yoga Mentor and Holistic Wellbeing Coach I love to write & encourage others to connect with their true creative nature. My writing and commentary has been featured in Stylist, Time Out, The Times, Women's Health, The Telegraph, The Huffington Post & more.

I am a proud advocate for Mental Health Awareness and co-founded the MoreMind Programme at MoreYoga with Steph to promote positive mental health & help fight the stigma that still exists around mental illness.

Website: [www.elizabethjoywellbeing.com](http://www.elizabethjoywellbeing.com)

IG: @lizjoywellbeing

Inquiries: [ejoywellbeing@gmail.com](mailto:ejoywellbeing@gmail.com)





## JOIN US AT THE QUAIVES!

Seaton Road, Wickhambreaux, Canterbury CT3 1RU

To invest in yourself & retreat with us email:  
[nurtureandnourish2023@gmail.com](mailto:nurtureandnourish2023@gmail.com)

With Love Liz & Steph x

### *THINGS TO NOTE:*

*No smoking, drugs or illegal substances are allowed  
anywhere on the premises (this is a retreat not a rave!)*

*Digital Detox optional & encouraged (devices are not invited!)*

*Whilst what we will offer is therapeutic,  
it is not a replacement for Personal Therapy*

