

Midlife Reset Yoga Retreat

6th to 8th September 24

Join for me for a weekend of yoga, rest, peace and nature at the beautiful Breathing Space Retreat on the Norfolk broads.

My name is Michelle, as a holistic therapist I have been supporting women's wellbeing for 30 years.

At the age of 50 in the 2020, after 25 years of being an avid yoga practitioner, I gained my 500hr yoga teacher training accreditation. Teaching yin and hatha yoga. As I entered peri menopause I wanted to gain as many tools as possible to support both myself and other women. I was lucky enough to train with the founder of menopause yoga Petra Coveney as a specialist menopause yoga teacher.

This retreat isn't menopause specific but will include breathing techniques (pranayama) meditations and yoga sequences that will support any symptoms both physical and emotional and importantly supporting our mental health.

A women's midlife is a time of transition, it offers an opportunity to make changes, to let go of anything that no longer serves us. However women are often pulled in multiple directions, work, family, children that it's difficult to rest and take the time to acknowledge what we need or want. Or maybe just to acknowledge we have everything we need and to let go of the need for more.

This retreat offers you just that time and space and you will leave feeling rested, empowered and ready to embrace your midlife.

Prices from £350
£100 deposit to secure your place





The finer details are yet to be tuned
below is an idea of what's Included in your stay

All freshly cooked meals
women's circles
minimum of 4 yoga sessions
sound bath

Time to explore Hickling Broad and surrounding area
Take in the 3 acres of beautiful grounds

varied accommodation for you to choose from.

Beautiful self contained lodge sleeps 2 overlooking the
lake ensuite

Shepards Hut by the lake solo occupancy or sharing
ensuite

twin room in the main house ensuite

twin room in the house sharing bath/shower facilities

Single room in the house sharing facilities

Shepard's Hut with garden view sharing or solo facilities a
short walk

in a separate block (Budget option)

for pricing or to book please contact Michelle directly
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