



The great escapes

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RETREAT OF THE MONTH

SATVADA RETREATS, SUFFOLK GOOD FOR: YOGA NEWBIES



Set in the naturally calming countryside of Suffolk, the Satvada Retreats offer time away from the hustle and bustle of modern life for a weekend of mindfulness. With rolling fields, prickly rose hips and stretching skies, the pretty Potash Farm in Suffolk was the perfect venue for seven weary city dwellers to roll up, relax and reconnect with our inner selves. The retreat combines two daily yoga practises with massages and meditations on mindfulness – something that an anxious soul like myself had struggled to embrace before. With 15 years' experience, teacher Lucia's gentle, focused sessions took place in a converted barn yoga studio, overlooking a paddock. The silence as we meditated was broken only by the occasional horse whinny, goats mumbling, or the rustle of the breeze through the willow trees. Sinfully tasty vegetarian stews and soups were prepared

for us each day, and a silent walk through the countryside completed the weekend's teaching – offering a new way to incorporate mindfulness into everyday life. The lessons from those three days have stayed with me. As a total yoga novice, I was delighted the emphasis was on unwinding, rather than Olympic flexibility. Whereas experienced yoga practitioners might find they want a more intensive course, the mental and physical benefits of Satvada Retreat will stay with newbies like me for months to come.

UPCOMING RETREATS: A three-night Art of Relaxation retreat at Potash Barns in Woodbridge, Suffolk, is running over the Bank Holiday weekend May 3-6 for £435pp.

CONTACT: satvada-retreats.co.uk or 020 8133 5995

