



YOGA BRUNCH CLUB RETREAT

COURT FARM, SOMERSET
25TH - 27TH JUNE, 2021

COME TOGETHER FOR A
BEAUTIFUL, INTIMATE RESTFUL
WEEKEND OF YOGA AND GOOD
FOOD.

IMPORTANT DETAILS:

COURT FARM
COURT LANE, STANDERWICK
SOMERSET
BA11 2PR

4:30PM FRIDAY 25TH -
1PM SUNDAY 27TH JUNE 2021

EMAIL:
YOGABRUNCHCLUB@GMAIL.COM OR GO
TO WWW.YOGABRUNCHCLUB.COM
FOR MORE INFORMATION



DAILY YOGA CLASSES

Unwind

DELICIOUS FOOD BY



Rebecca Rhodes-Evans

RETREAT SCHEDULE

FRIDAY

4.30-6pm Arrival at Court Farm

6pm Welcome & Yoga

8pm Dinner

SUNDAY

9am Morning Yoga

11am Brunch

1pm Departure

(snacks and goodie bags to take for
the journey home)

Please note - subject to change

SATURDAY

8.30am Morning Yoga

10.30am Breakfast

11.30am Walk/Read & Relax

1pm Inversion Workshop

2pm Lunch

3-6pm Walk/Read & Relax

6-7.30pm Yin/Yoga Nidra

7.45pm Dinner



COURT FARM, SOMERSET
www.courtfarmstanderwick.co.uk



IT WAS THE MOST
FOCUSSING,
RELAXING &
INSPIRING
WEEKEND.

Kim, January 2019





Court Farm

COURT LN, STANDERWICK, FROME BA11 2PRD

IRECT TRAINS TO BATH SPA OR WESTBURY FROM LONDON AND BRISTOL

Court Farm is a lovingly restored 16th Century farmhouse set in ten acres of gardens and grounds in the heart of the English countryside. With exquisite attention to detail, the farm buildings have been immaculately refurbished with interior flair and the utmost luxury.

Nestled amongst the grounds at Court Farm are large rustic barns with exposed brick walls and high beams which overlook the apple orchard and duck pond.

Situated on the Wiltshire and Somerset border, Court Farm is close to the Georgian city of Bath and country market town, Frome.

“

'I cannot express how much I enjoyed both your classes, the teaching is of such a high standard and your styles work perfectly together, I loved every minute!

It was great getting to know everyone there too, what a lovely crowd!'

”

Kimberly, Feb 2020



There will be daily yoga practices (5 in total) varying from more dynamic vinyasa flow sessions in the morning to slow yin focussed evening classes led by Cloudia Hill.

Cloudia advocates using yoga to help reduce stress through mindful breathing exercises and enabling the body to restore its natural balance via strength and flexibility. By learning to breathe more efficiently and focus & declutter the mind, we enable our bodies to work more effectively. This has a positive result for us and our relationships both professionally and personally.

It takes courage to step onto the mat and to sit and breath with what is happening right now.

This weekend will build from one day to the next, enabling the group to make progress in their practice with a toolbox of skills that they can take back home with them.

CLEM BALFOUR

Founder of the Yoga Brunch Club, Clem is on a mission to break down barriers and make yoga more accessible for everyone. The events and retreats are designed to give you the opportunity to pause, breathe, stretch, eat and connect with a new group of people who share similar interests. Combining open level, energising yoga sessions with great food in beautiful surroundings.





Rebecca is the founder of boutique catering company Rock My Bowl. Specialising in creating bespoke menus for intimate and larger gatherings.


“When I became a mum it became even more obvious to me how important this first meal of the day is. Sometimes, juggling everything meant that I wouldn't eat my lunch until almost dinner time so my breakfast had to be substantial and filling but, most importantly, delicious! ”

As a regular exerciser I have always been interested in food as fuel and I have spent a lot of time understanding how to give your body the nourishment and nutrients it needs to function. All too often these foods can be bland when there is so much around to make it sensational”

Three years on Rock My Bowl has been privileged to cater private events for Instagram, Pinterest, Liberty, Browns Fashion, Tommy Hilfiger, Elemis, WeWork to name a few and have built great relationships.

A feast for the eyes and the body. It's food that's meant to be shared and lingered over.

rockmybowl.com



The stay includes 2 hearty suppers, a wholesome lunch and 2 nourishing brunches, plus plenty of Rebecca's delicious snacks with tea and coffee.



RETREAT PACKAGE PRICES:

LUXURY SELF CONTAINED DOUBLE - £800PP

LUXURY DOUBLE - £700P

LUXURY TWIN - £695PP

INCLUDES ALL YOGA CLASSES, ACCOMODATION,
AND FOOD

PLEASE NOTE DOUBLE ROOMS CAN BE BOOKED AS A
SINGLE OCCUPANCY FOR THE FULL PRICE.

[CLICK HERE TO BOOK NOW](#)

