

The Lakes by yoo

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The Lakes by yoo

SPECIALISED PREGNANCY & POST-NATAL RETREATS

SPECIALIST PREGNANCY RETREATS

Pregnancy is a journey, and our retreats are specifically crafted to help you physically and mentally at your different stages, always focussing on nourishment, strength and mindfulness.

Clare Loughnane is an experienced pregnancy yoga practitioner and mother of 4, and will host your retreat, leading yogic practices and offering support, guidance and mediation alongside.

Our pregnancy retreats focus on preparing you for labour and birth, and your role as Mother, in mind and body, ensuring your strength and fortitude.

Our post pregnancy retreats focus on you learning to nurture your body tenderly through Pranamaya, gentle exercise and mother & baby yoga.

Clare is accompanied by Jay Halford, acclaimed Raw-Food Chef (and new father) who, through interactive master classes, serves up recipes created to support your body in its development, or recovery.



RETREAT COST

2 Night, 3 Day Weekend Retreats - Prices start at £599 per person, based on 10 guests (double occupancy)

3 Night, 4 Day Midweek Retreats - Price start at £690 per person, based on 10 guests (double occupancy).

Prices include all meals and soft drinks. Prices include all activities & 1 hour of treatments per guest. Prices are based on accommodation in 'Fabulous' properties, with other options available.

Enquiries: +44 (0) 1367 254 260 or lettings@thelakesbyyoo.com

YOUR RETREAT

Retreats will be designed by Clare to suit the group. New mothers & pregnant women can attend the same retreat, and partners can also be accommodated. Our post natal retreat is suitable from 6 weeks after birth (12 if the birth had medical intervention).

Thoughts for new Mothers

“My objective for post-natal retreats is for you to feel good in your skin & to learn to treat yourself with the same kindness & love that you do your baby.” *Clare*

Example Day

On the day of arrival, I'll meet you and the group, and get a deep understanding of individual needs.

7am Greet the day with post-natal yoga for strengthening and building core muscles, in particular the transverse and rectus abdominus, relieving tension and pressure in the lower back, shoulders and neck.

8am Enjoy a tasty and wholesome breakfast of overnight oats, with nourishing protein courtesy of Elle MacPherson's Super Elixir.

9am Free time to enjoy a swim perhaps, or a quiet session with me, helping you step into your new role as Mother

11am Bamford post-pregnancy treatment, and time with our Bamford therapists explaining how to care for your skin

1pm Buddha bowl lunches are served by Jay

3pm Free time for walks, curling up with a book and having a cuppa

5pm Pranayama session to regain hormone balance, followed by meditation

7pm Master Class with Jay Halford followed by supper



Nutrition & Nourishment

Whether an expectant mother, or a new one, your diet is key for your health and vitality, and your baby's too.

Jay Halford, our acclaimed Chef, has devised a series of delicious menus and recipes, that will be taught to you through the retreat, with every dish focussing on your body's needs. Dishes will include essential fats & proteins, and Jay will provide masterclasses to teach you tricks of the trade, and have you cooking up a storm (in no time at all) at home.

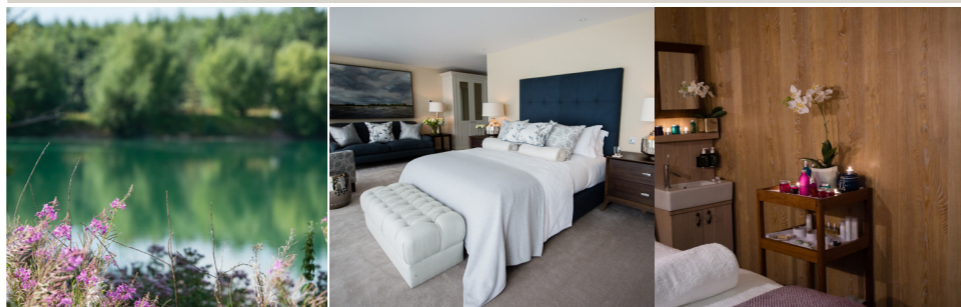
You'll be treated with dishes such as:

Build your own 'Mother' Bowl - our take on the Buddha bowl, with ingredients essential for mother & baby

Beetroot Brownies, with Elle MacPherson's nourishing protein

Thyme gnocchi, caramelised onions, spiced baby carrots & peashoots

Dairy, gluten & refined sugar free Cakes
- the healthiest indulgence possible!



YOUR RETREAT

Expectant Mother's can attend our retreat 12 weeks from conception. Again, partners are able to attend the retreat. Prenatal yoga can alleviate many discomforts of pregnancy, such as nausea, constipation, varicose veins, swelling, back pain and sciatica.

Thoughts for expectant Mothers

“In creating these pregnancy retreats, we aim to help prepare the mind and body for labour and birth. It's about overcoming and facing fears, leading to calmness and control.” *Clare*

Example Day

7am Greet the day with prenatal yoga, strengthening the uterus and pelvic muscles, improving circulation, aiding digestion, encourages optimal foetal positioning

8am Enjoy a tasty and wholesome breakfast of overnight oats, with nourishing protein courtesy of Elle MacPherson's Super Elixir.

9am Free time to enjoy some spa time with infused waters, and time for personal coaching with me, practicing loving compassion for yourself and your baby

11am Bamford pregnancy treatment, and time with our Bamford therapists explaining how to care for your skin

1pm Buddha bowl lunches are served by Jay

3pm Free time for walks, curling up with a book and having a cuppa

5pm Pregnancy yoga nidra - blissful extended guided relaxation. This induces a deep meditative state and full body relaxation, connecting to your baby and visualising a safe, calm labour and delivery.