



From £299

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# The 3 Gunas

3-Day Immersive Yoga Retreat in Lincolnshire

Fri 15<sup>th</sup>-17<sup>th</sup> May 2026

Fri 11<sup>th</sup>-13<sup>st</sup> Sept / Fri 18<sup>th</sup>-20<sup>th</sup> Sept 2026

A 3-day yoga retreat hosted at Laurel Park - a beautiful 3-acre campsite and retreat venue in south Lincolnshire, near the Norfolk and Cambridgeshire borders.

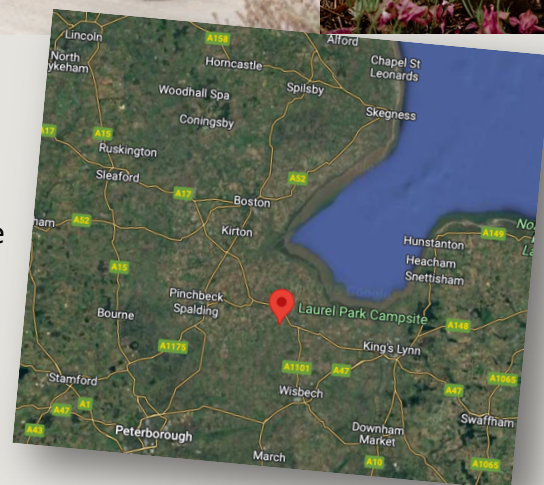
Set in calm, idyllic, tree-lined surroundings, the venue provides the perfect opportunity to reconnect with nature, recharging the mind and body from the inside out. The schedule offers a variety of yoga styles, including hatha, yin, restorative and meditation, based on a theme designed to encourage self-reflection and enhance wellbeing.



## Retreat Centre:

As weekend retreat guests, you will benefit from exclusive use of Laurel Park Campsite (closed to all other visitors), a secluded 3-acre site 1.5 miles off the A17 between Spalding and King's Lynn offering: luxury glamping accommodation, a purpose-built yoga barn, communal lounge space, hot tub area, fire pits and a herd of adorable guinea pigs.

Additional facilities available from 9am until 10:30pm include: Use of the hot tub; board games and book library; use of the yoga studio for additional practice; communal herb garden; communal fire pit (wood provided); ping pong table (new in 2025), plus campsite shop selling ice-creams and crafty bits and bobs.





# Yoga Practices

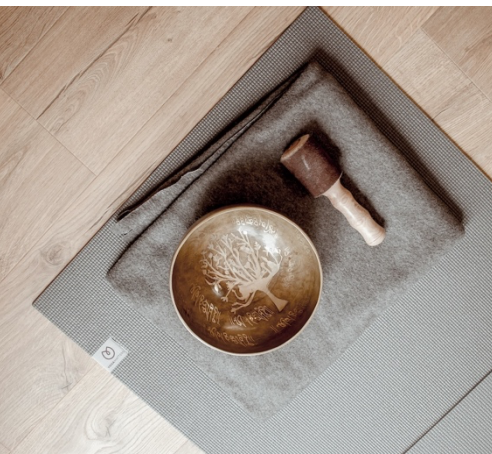
Daily yoga will be provided from the Yoga Barn (our dedicated yoga space with yoga mats, bolsters, bricks and props), overlooking Laurel Park's meditation garden and the communal gazebo. There are also numerous other outdoor spaces among trees and on grass suitable for yoga, mindfulness, and meditation practices, should guests wish to expand their practice. The schedule also includes time for relaxation, self-care, personal reflection and social connections.

The retreat combines a wide variety of yoga styles and practices, including:

- Yoga Philosophy
- Somatic Practices
- Slow Flow Hatha/Vinyasa
- Yin Yoga
- Restorative Yoga
- Yoga Nidra
- Pranayama / Breathing Practices
- Guided Meditations
- Mantra and Mudra
- Mindful Journaling / Discussion
- Fire pit ceremony

Sessions are suitable for all experience levels, with adaptations and props used to support postures as and when appropriate. Students are encouraged to listen to their body and only do what feels nourishing and beneficial to them and their personal circumstances.

Each session follows the retreat theme: 'Root to Rise' designed to enhance wellbeing, personal development and transformation. Sessions will focus on establishing a strong, personal foundation, from which you can rise towards your best self. There will be time dedicated to building strength and resilience, as well as calmness and compassion, to enhance enthusiasm and clarity about the future direction of your life plans.



# Weekend Schedule

## Friday

- 14:00:** Arrive any time after 2pm, to settle in and get comfy before yoga. Afternoon homemade snacks and tea provided in the communal lounge.
- 16:30:** Afternoon yoga: introduction to the theme, followed by a soothing practice combining time for reflection, mindful movements, pranayama, yin yoga, restorative yoga, mantra and yoga nidra.
- 19:00:** Delicious buffet dinner, eaten in our kitchen-dining room, which we love to share with our yoga guests during weekend retreats.
- 20:30:** The evening provides time for social connection and/or personal reflection. A comfy lounge area allows for group relaxation time or quiet reading, and a covered communal gazebo has a fire pit which will be lit for anyone wanting to keep warm into the evening. There is also the hot tub available for anyone wanting to chat under the stars whilst relaxing in bubbles.

## Saturday

- 08:00:** Breakfast buffet available from 8am (or before) until 9:30am in the communal lounge area, followed by free time for rest, digestion, relaxation, socializing, walking, reading, etc.
- 10:00:** Morning yoga: a dynamic slow flow practice combining vinyasa yoga, pranayama (breathing) techniques, mudra and guided meditation, followed by the provision of optional journal prompts.
- 12:30:** Shared buffet lunch, eaten in the kitchen-dining room, followed by free time for relaxing, self-care, reading, socializing, or exploring the local area.
- 15:00:** Afternoon homemade snacks and tea provided from the communal lounge.
- 16:30:** Afternoon yoga: another soothing practice with time for reflection, somatic movement, pranayama, yin yoga, restorative yoga, mantra, and yoga nidra.
- 19:00:** A buffet dinner served in the kitchen-dining room.
- 20:30:** Time for social connection and personal reflection. A fire pit ceremony will be held under the covered gazebo with hot chocolate made available.

## Sunday

- 08:00:** Breakfast buffet available from 8am (or before) until 9:30am in the communal lounge area, followed by free time for rest, digestion, relaxation, socializing, walking, reading, etc.
- 10:00:** Dynamic slow flow yoga practice combining vinyasa yoga, pranayama/breathing techniques, mudra and guided meditation, followed by the provision of optional journal prompts.
- 12:00:** Shared buffet lunch, eaten in the kitchen-dining room.
- 14:00:** Afternoon yoga: a soothing practice combining time for reflection, somatic movement, pranayama, yin yoga, restorative yoga, mantra, and yoga nidra.
- 15:45:** Time for group reflections, homemade snacks and refreshments.
- 16:00:** Head home... **OR** stay and enjoy Laurel Park and its diverse surroundings for another night from £20pp including breakfast. So why not treat yourself to a long weekend?!



# Accommodation

Laurel Park's facilities are spread across a number of buildings, but none more than a stone's throw from the others. A communal lounge area provides the perfect space to enjoy a continental buffet breakfast with other retreat attendees, but also has a number of comfy sofas for reading, journalling or socialising throughout your time here. The campsite washrooms provide multiple sinks, toilets and showers for guest use, as well as coin-fed washing machine and tumble-dryer, should they be required. There are additional camping loo huts next to the glamping units for added convenience. And our gorgeous modern kitchen-dining space provides the venue for all lunches and evening meals throughout the weekend, with seating for up to 12 people.

Two 100-year-old converted railway goods wagons provide shepherd-hut-style accommodations for some attendees, whilst two safari style canvas touareg tents provide accommodation for more guests. All glamping units are shared between 2 guests, unless there is a group of guests who know each other and would like to have 3 sharing. We also have an additional single occupancy 1960's retro renovated caravan called 'Flump' in which 1 lucky guest can stay. It's the cutest little caravan! All our glamping accommodation has sprung mattresses and all bed linen is included, along with an electric heater, kettle and mugs and extra blankets, in case you feel the need to get even cosier. (Please note: we do not supply towels or toiletries).



# Food and Drink

All meals are vegetarian and prepared with fresh produce, love and attention. We can cater for vegans, allergies and gluten free diets, when given advance notice – please ensure you provide this information as soon as possible (e.g.: vegan, gluten free, lactose free, nut free etc).

Meals are served as buffets to ensure guests can satisfy their appetite and personal preferences. Fresh fruit, tea and coffee is made available at all times of the day.

**Breakfast:** The day starts with the option of fresh fruit, dried fruit, yoghurt, porridge, muesli, cereals, nuts, seeds, toast, spreads, and eggs, all served with a selection of juices, teas or coffee.

**Lunch:** After the morning yoga session we will share a delicious vegetarian lunch, including a main dish, mixed green salad, and various side options.

**Snack:** Mid-afternoon, guests are offered a healthy, homemade treat, providing a boost of energy before the afternoon yoga session.

**Dinner:** A vegetarian evening meal, incorporating a variety of wholesome dishes and sides, catering for all preferences and appetites.



# What's Included:

- 2 night's accommodation at Laurel Park
- Single, or sharing glamping accommodation or you are very welcome to bring your own accommodation (tent, campervan, caravan – electric hook up available)
- Morning continental breakfast, juices and teas
- Morning yoga session, based on the daily theme
- Use of yoga mats and props
- Nutritious shared lunch
- Afternoon drink and snacks
- Afternoon/evening yoga session
- Delicious evening meal
- Use of the fire pit (wood provided)
- Fresh water, tea and coffee all day

## What's NOT included:

- Travel costs
- Travel insurance
- Local excursions
- Massage treatments
- Alcohol (though you are welcome to bring your own)
- OPTION to stay an extra night on Sunday evening @ £40 B&B per person (or £20pp with own accommodation)



## Dates and Investment

The retreat starts on Friday afternoon, with arrivals welcomed from 14:00 and the first yoga session starting at 16:30. The retreat finishes on Sunday afternoon at 16:30, though it's possible for guests to stay extra nights if desired.

Please note: An initial, non-refundable deposit is payable to secure a booking, with the balance due 12 weeks before the retreat (20<sup>th</sup> or 27<sup>th</sup> June). Payment details will be provided at time of booking.

**Book Direct At:**  
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**Please feel free to contact us if you have any questions.**  
E: [info@learnlivegive.co.uk](mailto:info@learnlivegive.co.uk)

By booking, you agree to our full terms and conditions at:  
[www.learnlivegive.co.uk/tandc.html](http://www.learnlivegive.co.uk/tandc.html)

### Sharing:

Two people sharing a glamping unit:  
**£325 pp**  
Deposit £150 (at time of booking)

### Single occupancy:

Single occupancy in flump:  
**£345 pp**  
Deposit £150 (at time of booking)

### Own accommodation:

Bring your own tent/camper/caravan:  
**£299 pp**  
Deposit £150 (at time of booking)

### Extra Nights:

See details below. From:  
**£20 pp per night**

*All balances are due 12 weeks prior to the retreat start date*

## Optional extras:

Extend your retreat to 3 or 4 nights for just £20 per person per night when you bring your own accommodation, or £40 per person per night in our glamping units. Continental buffet breakfast included for either accommodation type. Please get in touch with us to discuss this prior to booking.



## About Your Teacher - Emma Bacon

Emma is a passionate yoga teacher, keen to encourage her students to learn how to find personal balance and happiness through the combination of yoga movement, yoga philosophy and other self-development practices. She teaches all levels, from beginners to advanced, irrelevant to age, gender, size, fitness, beliefs, background or lifestyle. Emma teaches Somatic's, Hatha Yoga, Slow Flow/Vinyasa Yoga, Yin Yoga, Restorative Yoga, iRest Yoga Nidra and Meditation. She also likes to incorporate breathing practices/pranayama, mudras, mantra, journaling and the wisdom of yoga and Ayurvedic principles and philosophies.

Emma encourages students to personalise their practice, and empowers them to make good choices, based on their individual needs and circumstances. She believes that yoga aids the mind-body connection, encourages self-compassion, and can empower meaningful transformation.

In addition to her yoga experience and training, Emma has qualifications and experience in life coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She also has experience in the leisure and hospitality industry running a well-being camp and glamp site, yoga studio, and various yoga retreats in the UK and abroad. She views herself as a life-long student, with a desire to learn from a mixture of accredited courses, other teachers, students, reading materials, travel and cultures.

As a wife and mother of two, Emma understands the pressures of modern-day life. She's found balance through the principles and practice of yoga and mindfulness and, ultimately, wants to share her knowledge with others. There's nothing she loves more than to watch someone choosing to become their most authentic self, open and curious to all future possibilities.

