

January 2014

# Seren Retreat Newsletter

*Relax and rejuvenate in the heart of Gower...*

**Dear Friends,**

Greetings from Seren Retreat!

We hope this thought finds you healthy and happy, and looking forward to the longer days ahead. Mother Nature always returns SPRING to us so we have to be patient and hopeful as well as prepare for the changing of the seasons!!!

*Join us for SUNDAYS AT SEREN, (next one: 2<sup>nd</sup> Feb, 2014)*

--- Come and relax with us at our open-house, from 1pm until 4pm ---

Our first open-house in January was well received and enjoyable, but there's always something new to learn and experience at Seren. The program this month will continue with Mindfulness Meditation talk and practice and will hopefully include a walking meditation in the woods (bring your wellies, just in case).

Rex will share some Kundalini Yoga breathing techniques and gentle stretches, followed by a relaxation with a "sound bath", using the gong - a real treat if you haven't yet experienced it! (Please bring a blanket if you'd prefer to lie down).

Our treat this month will be the delights of "Raw Chocolate", getting us ready for Valentine's Day. With a choice of divine flavours, you'll know you are giving your body something delicious and nutritious! You can even learn how easy it is to make them yourself.

We hope you can join us.

**To book your place, please give us a call on: (01792) 371421.**

*10% friends and family GLAMPING discount...*



Why not try one of our Yurts for your next Glamping Holiday?

Come and stay in one of our authentic Mongolian Yurts, situated in a private meadow and surrounded by an ancient oak forest.

**10% discount for friends and family.**

**Find out all about our Spring Mini Retreats and upcoming Polarity Courses, on page 2...**

# Mindfulness, Meditation and Yoga...

## SPRING Mini Retreats at Seren

### Available dates:

March 7<sup>th</sup> - 9<sup>th</sup>, March 21<sup>st</sup> - 23<sup>rd</sup> and April 4<sup>th</sup> - 6<sup>th</sup>, book on (01792) 371421. Treat yourself!

This mini retreat is open to all past and future guests, who need some inspiration to help shake off the winter blues and recharge your batteries for the coming season. There'll be more time for Yoga and Mindfulness Meditation, giving you insight and tools to uplift your moods and thoughts.

The schedule is a little different than our [personal retreats](#). The focus will be on self-help techniques to assist the cleansing process. We'll be drinking fresh juices and rejuvenating herbal elixirs, foraging for wild greens in the garden and enjoying tasty treats from a fusion of raw, ayurvedic, and macrobiotic cuisine.

### Cost:

Single occupancy £260  
Double occupancy £210 each

### Includes:

- 2 nights B&B
- 1 polarity treatment
- 5 hours of Yoga and Meditation
- use of hot tub and sauna
- delicious and nutritious meals

**Friday:** 4pm - 6pm: Arrive at Seren Retreat  
7pm: Evening meal  
8.30pm - 9.30pm: Evening Meditation

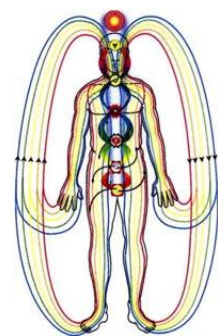
**Saturday:** 9am: Breakfast  
11am - 1pm: Yoga & Meditation  
1pm - 2pm: Lunch  
2pm - 6pm: Selection of relaxation treatments  
7pm: Evening meal  
8.30pm - 9.30pm: Evening Meditation

**Sunday:** 8am - 10am: Yoga & Meditation  
10am: Breakfast  
Home or to the beach!

### *Polarity Reflexology Class: 28<sup>th</sup> Feb, 2014*

This introductory class is open to all, whether you would like to do the professional [Polarity Therapy](#) training, or would just like to learn more about Polarity so that you can practice it on friends and family or integrate it with other therapies.

For more information, please call: **(01792) 371421.**



Space is limited, so please call to reserve as soon as you can. See you soon!!!