









# *Retreat into Autumn*



CloudZen, Margate

Thursday 6 October (from 6:30pm) –  
Sunday 9 October (until 3:00pm)

Autumn is a time of transition from summer to winter, from lightness to dark. In this retreat, we invite you to meet yourself where you are, and with an open heart, prepare yourself for the season ahead. We will spend our days practising:

-  yoga
-  meditation + mindfulness
-  self-inquiry
-  breathwork
-  journalling
-  silent reflection

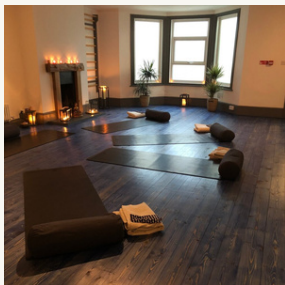
# Location



## CloudZen, Margate

CloudZen is a solar-powered, fully-accessible yoga studio and retreat in the wonderful seaside town of Margate. Set in a lovingly restored 5-storey Victorian terraced house, just a few minutes walk from the beach and only 1.5hrs from London by train.

This sanctuary by the sea has a large indoor yoga studio, treatment rooms, a small outside summer studio and hot tub.



[www.cloudzen.co.uk](http://www.cloudzen.co.uk)





# Retreat into Autumn



## What to expect?

As in nature where creatures spend the Autumn gathering what they need to get through the cold and dark of the winter season, so too will we gather the gifts of autumn to see us through the winter.

The journey will begin with self-enquiry to better understand where we are in our lives, to give thanks for that which we have and our gifts, and to confront whatever is holding us back. We will work individually and as a group to share, support and encourage each other to move forward with purpose and strength.

Each day will include two yoga practices, an evening meditation, plenty of time for journalling and self-reflections, exploring nature and connecting with the group.

# Facilitators



The retreat will be run by the Zenw2 owners; Lila, Carina and Benaisha, each bringing with them their unique insight and experience to ensure all participants get the most out of their retreat.

The retreat is small and intimate - we will be 9 participants and 3 facilitators.



# Facilitators



## Carina Bidese

Life coach and yoga instructor with over 15 years of experience in wellness and self-growth. In 2008, yoga came into her life after suffering from anxiety, panic attacks and OCD. She was fascinated by how my perspective and mood started changing after each class, and her curiosity drew her to sign up for a yoga teacher course. Reaching over 750h of training in Táraka Yoga in Brazil and, subsequently, in India in 2017.

In 2021, she finished an MSc in Applied Positive Psychology and Coaching Psychology to combine spirituality and science. Her classes are held in compassion aiming to align the body, mind and spirit.



# Facilitators



## Lila Caridade

Lila leads Yoga, Meditation and Breathwork sessions. She is passionate about life and nature and her sessions guide you through an intimate inner journey towards your highest self, with curiosity and non judgement. Lila believes in the power of these practices, which promote wellbeing, self love and compassion and personal transformation.

Lila is a devout student with a holistic approach. Her classes use modern knowledge from Neuroscience, Anatomy and Biomechanics whilst respecting ancestral knowledge.



# Facilitators



## Benaisha Daruwalla

Benaisha grew up in London and in 2017 moved to India to complete an Ashtanga-based yoga teacher training under Yogacharya Lalit Kumar in beautiful Goa. She then spent several years embarking on a spiritual journey with her husband, Rishad, introducing her to different Masters and ancient spiritual practices across India.

In 2019 she completed her Restorative Yoga training under Anna Ashby at TriYoga and is passionate about sharing these postures and their significant benefits with all her students. She loves teaching beginners and gentler, embodied classes that nourish body, mind and heart.



# Accommodation



There are 5 bedrooms and 3 bathrooms, plus two separate WCs in the house, along with plenty of cosy spaces to curl up and journal, contemplate, or chat to the other lovely course participants.

All bedding is provided and is hypoallergenic, non-down and Egyptian cotton. House towels will also be provided, however participants will need to bring their own beach towels!





# Rooms



Bedroom 1: 4 single beds

Bedroom 2: 2 single beds

Bedroom 3: 2 double beds

Bedroom 4: 1 Single Bed



# Nourishment



Meals and refreshments are served in the dining room, and everything is included in the retreat. The food will be vegan and vegetarian, based around seasonal produce and using locally sourced and grown ingredients wherever possible.

Each day we will serve a hearty brunch and 3-course evening meal, along with nibbles in the morning and afternoon to fuel yoga practices. Tea and coffee is available throughout the day.





# Nourishment



## Example Brunch Menu

Sourdough with organic jam, marmalade, local honey and peanut butter  
Chia Pudding with seasonal fruit compote  
Breakfast buns and pastries  
Porridge and toppings Yoghurt and fresh fruit Bircher  
Overnight Oats  
Guacamole, Cheeses  
Hard boiled Eggs  
Filter coffee and a mix of teas

## Example Dinner Menu

Bread and Olives  
Aubergine Parmigianino  
Rocket with baby tomatoes, balsamic and tamari toasted pumpkin seeds  
Lemony green beans  
Griddled & herbed sprouting broccoli  
Grilled peaches with basil, honey and ricotta

## Drinks and Snacks

There is a kitchenette area with a toaster, fridge and microwave guests can use. We serve coffee and tea all day, alongside filtered infused waters.

Sacks include homemade energy bars, cakes, raw vegetables with dips and seeded crackers and breads and fresh fruit..

# Schedule



The retreat will run over 3 nights, beginning with an opening ceremony on Thursday evening and closing on Sunday afternoon. The below schedules give you an idea of what to expect each day:

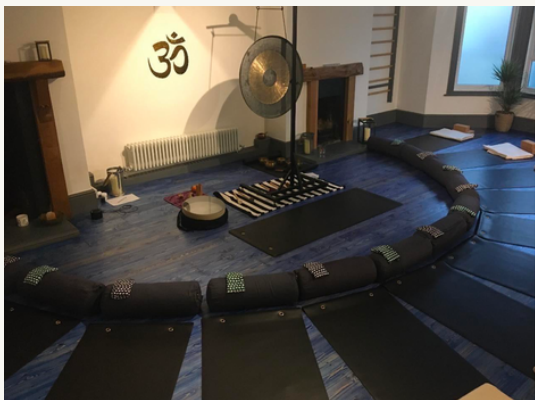
## Day 1 - Thursday

Check-in anytime from 16:00

Opening practice, 18:00 - 19:00

Dinner: 19:30 - 20:30

Evening meditation: 21:00 - 21:30





# Schedule



## Day 2 + 3 - Friday and Saturday

Morning Yoga practice, 08:00 - 09:30

Journalling/silent reflection, 09:30 - 10:30

Brunch, 11:30 - 12:30

Free time (option to go on a walk or for a swim)

Afternoon Yoga practice, 16:00 - 18:00

Dinner: 19:00 - 20:00

Evening meditation: 21:00 - 21:30

## Day 4 - Sunday

Morning Yoga practice, 08:00 - 09:30

Journalling/silent reflection, 09:30 - 10:30

Brunch, 11:30 - 12:30

Check-out by 15:00



# Pricing



The different pricing options are dependent on the accomodation choice. All prices are inclusive of accomodation and facilities, all meals and all practices. Note that travel is not included.

Room	Price	Early Bird (until 31 Aug)
room 1 (4 singles)	£600	£550
room 2 (2 singles)	£650	£600
room 3 (2 doubles)	£690	£640
room 4 (1 single)	£750	£700



# Booking



To book your place on the retreat:

- Email [info@zenw2.co.uk](mailto:info@zenw2.co.uk) to confirm that you would like to attend and which room you would like.
- You will receive an email confirming your spot and room choice.
- Transfer a deposit of £200 to secure your space (or indeed the full amount).
- The final balance is payable by **FRIDAY 9 SEPTEMBER.**
- Early bird discount is available until 31 August.
- All payments should include your name and the reference 'retreat'.
- Transfers should be made into the following account:

Account name: Zenw2 Collective Limited

Sort Code: 60-83-71

Account number: 17901104



# Terms + Conditions



- We will provide full refunds if the government impose national Covid restrictions.
- We ask all participants to take a Covid test before the retreat.
- Up to September 9th: £200 deposit is non-refundable, however it is transferable if you are no longer able to attend, someone else can take your space.
- After September 9th: the full payment is non-refundable, however it is transferable if you are no longer able to attend, someone else can take your space.