**Agenda for Health & Fitness Menopause Retreat 13-16 March 2025**

The aim of the retreat is to build a small community of women who are open to learning about:

*Ayurveda* with Elizabeth Sweetman. Ayurveda teaches that each person’s constitution is unique, which explains why food that heals one may not heal another. Elizabeth will be sharing with you how to discover your unique constitution (dosha) so you can create your personalised health plan using food, common garden herbs and massage as medicine to balance, heal and rejuvenate.

The Eden Rise Retreat is a vegetarian centre, but our first meal together will be a meat dish (prepared off site) alongside the vegetarian meal. This is just to show how easy it is to pack the right amount of protein into a meal. You’ll be hands-on in the kitchen when we cook some of our meals together while we explore how to avoid faulty food combinations, and what a balanced plate really looks like (hint, it’s time to embrace healthy fats). No fad diets here – just wholesome, nutritious eating!

To find out more about Elizabeth go to [https://lifegracewisdom.com](https://lifegracewisdom.com/)

There will be 3 *Weight/Strength training classes* with Ally Jones. These classes are for those who are new or experienced in picking up weights. There will be something for everyone! These sessions respect your pelvic floor and will guide you safely into handling weights which is recommended for us ageing women. A relaxing breathing session will also be held where you will understand how to connect deeply to your breath. You are welcome to arrange any 1:1 time with Ally to discuss diet, exercise and how you can get the best results and what you need to do moving forward.

Go to [www.themenopausefitnesscoach.com](http://www.themenopausefitnesscoach.com/) to find out more about Ally Jones.

Free time includes walking in the beautiful countryside, relaxing in the sauna, enjoying the spaces within the cosy house to read or relax by yourself or with others. Fire pit evenings, wrapped in blankets, if the weather is kind.  You will also have time for your complimentary 20 min Ayurvedic massage, so don’t forget to book your slot.

***Itinerary of the weekend***

*Thu 13th March*

5.00pm - Arrival time – Ally and Elizabeth will welcome you to this special, cosy house.

The evening will be relaxed whilst we all settle in, meet and mingle

7.00pm - Dinner served then spend the evening chilling, reading or socialising

*Fri 14th March*

8.00am - 9.15am - Weight training class followed by restoration to cool the body and bring us back into homeostasis (balance) with Ally

9.30am - 10am - Breakfast

11.00am - 12.00pm - Talk with Elizabeth on Ayurvedic Practices and how it can help your health especially if you would like more assistance with menopausal symptoms

1.00pm - 3.00pm – Lunch preparation together / Enjoy our meal

3.00pm - 5.00pm - Free Time (Sauna, Walk, 1:1 with Elizabeth, Relax, Read)

5.00pm – 6.00pm Breathing Class with Ally

6.30pm - 8.00pm - Dinner preparation and eating together

The evening will be low key with the fire pit aglow, weather permitting!

*Sat 15th March*

8.00am - 9.15am - Weight training class followed by restoration to cool the body and bring us back into homeostasis (balance) with Ally

9.30am - 10am - Breakfast

11.00am – 1.00pm – Walk (optional), 1:1 with Elizabeth

1.00pm - 2.30pm – Lunch preparation together / Enjoy our meal

2.30pm - 5.00pm - Free Time (Sauna, Walk, 1:1 with Elizabeth, Relax, Read)

5.00pm - 7.00pm - Dinner preparation and eating together

8.30pm Meditation session

*Sun 16th March*

8.00am - 9.15am - Weight training class followed by restoration to cool the body and bring us back into homeostasis (balance) with Ally

9.30am - 10am - Breakfast

The rest of the morning will be either having your 1:1 session with Elizabeth and/or enjoying a couple of hours before you leave at 12 noon.

***Summary:***

Eden Rise Centre for Women on 13-16 March 2025

Address: Eden Rise, Totnes, Devon, TQ9 7LJ

Arrival time 5pm on Thursday 13th March

Departure time 12 noon on Sunday 16th March

Unique 3-day retreat combining Ayurvedic Practices and Weight Training aimed at understanding how to navigate your body through the menopause years.

Includes all meals, drinks (a selection of teas is available for you to use at all times), fitness classes, breathing & meditation sessions, massage, sauna.

***To bring:*** yoga mat, cosy slippers and socks (it’s a shoe free house), water bottle (the house has pure filtered drinking water), swimwear, flip flops or similar and towel for the sauna (towels are provided but not suitable for the sauna), walking boots, wellies in-case it’s a really wet weekend! Waterproofs, gym clothes (we will be barefoot in the beautiful hall where we will train.)

Only 10 spaces available. The house is beautifully quirky with a unique layout feeling homely and spacious. Sleeping arrangements are a combination of single or shared twin rooms. 6 guests will be in a delightful ‘pod’ area with partitions and curtains. We’ll definitely experience a feeling of togetherness but don’t fret, there is lots of space and privacy within the house.  There are bathrooms and toilets galore along with sinks in many of the rooms.

Here is a YouTube link for you to see the retreat centre:

https://youtu.be/F0XhYWKxqrw?si=ymEoZyYU4RUDPK4b

***Price:***

Earlybird rate available until31 August 2024

Single Occupancy £450 (only 6 available)

Shared Twin Room £400

Complete Booking Form:

<https://form.jotform.com/lifegracewisdom/Booking>

Payment plans available in booking form

Prices from 1 September:

Single Occupancy £500

Shared Twin Room £450

***Getting There***

**By Car**

Located just off the Plymouth Road about 2 miles outside of Totnes town centre as you head to Avonwick and Plymouth direction. Take the Plymouth Road heading out of Totnes for 2 miles then you will see a small sign saying Sandwell, turn left here. Eden Rise is the second drive on the right, it's a steep road up to the barns.

In front of the building there are spaces for 8-10 small vehicles, we encourage guests to coordinate lift shares whenever possible.

Please call Ally Jones on 07983 226995 if you have any problems getting to us.

**Public Transport**

Totnes is the closest train and coach station, 8 minutes drive away. There are no public buses directly to the venue though taxis are available.

Nearest airport

The nearest international airport is Exeter, a 40 minute drive away.

**Address**

Eden Rise, Sandwell Barns, Harberton, Totnes, Devon TQ9 7LJ, UK

**what3words**

couches.nick-names.distracts