

The Movement for Life Retreat



"Being human doesn't have to be complicated"

This 2 day weekend workshop is an invitation to experience new ways of thinking, moving, eating, and being, for a better quality of life.

Our unique holistic approach is an effective and powerful way to help you create new patterns that encourage you to become the best version of yourself in a nurturing, low pressure environment with minimal time and cost.

When it comes to well-being and personal development, we believe that the best approach is to optimise your mind and body to work congruently through thought, movement, and eating patterns.

Quality of life

We know that people with great quality of life tend to have a mixture of the following:

- **Good mental health;**
 - *A growth-orientated mindset*
 - *Resilience and mental toughness*
 - *Emotional intelligence*
- **Diverse movement skills;**
 - *Great mobility (movement ability)*
 - *Movement variability and adaptability*
 - *Coordination & spatial awareness*
 - *Healthy joints, muscles, and bones*
 - *Healthy cardiovascular system*
- **Balanced eating habits;**
 - *A healthy relationship with food*
 - *Ability to recognise and respond to changing dietary requirements*
 - *A balanced intake of macronutrients*
 - *A varied intake of vitamins and minerals from a range of foods.*

Our aim is to empower you with strategies for improving your quality of life, so that you can be liberated to live on your own terms. By the end of our weekend together, we hope that you'll leave our beautiful haven in Kent feeling rejuvenated and comfortable in your skin.

During our time together, we'll be connecting the mental, physical, and physiological elements that are essential to your wellbeing. Whilst powerful when developed as standalone pieces, the combination of these elements will help you to achieve a more intrinsic knowledge of how you work as a system.



What to expect

Our methods are entirely non-prescriptive: this means that you have the option to participate in all, or just some of the activities and workshops we'll be providing for you. Mealtimes will provide you with plenty of options, as food is served family-style and you'll be able to choose what goes on your plate (don't worry! Our resident nutritionist Pixie will be talking about how best to pile your plate for your needs).

Activities on offer include:

- Morning movement flows
- Group games and challenges to re-awaken your body's natural abilities
- Natural movement coaching: bending, crawling, running...
- HIIT training to invigorate your mind, muscles, and energy systems
- A variety of meditation and mindfulness sessions



We've got your nutrition covered for the weekend:

- Breakfast, lunch, dinner, drinks and snacks are provided
- Meals expertly prepped by your nutrition guru
- Vegetarian, vegan, and meat options will be available at every meal
- Feast on fresh, whole foods as a tribe - meals are big family-style affairs
- Reclaim a healthy relationship with food in a nurturing environment
- No fads, diets, or starvation - we want you to take home great eating habits
- Get culinary inspiration from our delicious menu
- Fuel your body in a way that keeps it happy and functioning at its best



We'll also be running the following workshops:

The Thought Pattern Tune-up

An exploration into your mindset as a starting point for change. Learning to be flexible in your thinking, decisions and actions by using simple yet powerful techniques can help you overcome negative thought patterns, limiting beliefs, and unhealthy behaviours. Become empowered to fulfil your aspirations, and develop strategies for a greater You.

Movement for Life

Find a better way to keep your body running smoothly. The shape of exercise culture is evolving dramatically as we learn more about the science of movement, and how to provide our bodies with great "movement nutrition". You'll experience the essential types of movement necessary for great mobility, tissue health, and longevity, and receive a framework for daily practise. Learn to bend, crawl, squat, carry and run in ways that will help you move more freely and be able to enjoy family time, workouts, and even household chores without pain or injury.

The Common Sense Kitchen

The currency of the body is nutrition. Learn to fuel your body and practise healthy habits for life by building a positive relationship with food that's fad free. You'll have the opportunity to participate in a demonstration teaching you how to enjoy delicious food without restriction or deprivation, with a focus on amazing flavour as well as good nutrition. After all, food should make you feel happy as well as healthy!



The location

Set in the heart of Kent, the quaint market town of Faversham is a sanctuary set in acres of rolling emerald countryside. Our home for the weekend is just 10 minutes by car through charismatic country lanes from the nearest station (Painters Forstal Road).

Stable Cottage was developed lovingly over a year by its proud owners, Linda and Finn, and has just recently been completed. This impressive barn conversion boasts an enviable living space, a beautiful kitchen complete with central island for cooking demonstrations, a large workshop/meditation area, four bedrooms, three bathrooms, and lots of beautiful outdoor space. There's even a cosy outhouse for your hosts Mel, Earl, and Pixie to stay in.



Booking options

Each of the beautifully designed bedrooms contains a double bed and a single bed. There are two booking options available:

- **Book solo, and we'll pair you up with a room buddy;**
 - Pairs will be same-gender, unless you're okay to mix
 - Only two people maximum per room with this booking option
 - It's first come, first served, or you can play rock-paper-scissors for the double bed
- **Book a room and bring a friend;**
 - Nab a whole room and bring up to two friends (or keep the place to yourself!)
 - Remember that the rooms sleep three, you can play rock-paper-scissors to be little spoon.

Solo tribe members	To be paired up	£449
Whole room price	To keep, or share with friends	£799

Two of the rooms have ensuites, and two share a bathroom. Again, it's first come, first served. All of the bathrooms are gorgeous, and the shared one offers a bathtub as well as shower.



When to come

We'll be welcoming you in with open arms on the afternoon of Friday 29th September, and by the time you check out on Sunday afternoon, we're sure you'll be feeling refreshed, with a new perspective on your wellbeing and lifestyle.



How to book

Drop us an email with your name(s) and contact details, and we'll organise your room and payment.

Please note that to keep everyone safe and happy we will be gently vetting all our applicants - it'll just be a chat to make sure that you're a real person (!), and an opportunity for you to let us know your interests. This will enable us to pair you up with the most suitable room buddy if you're joining us solo, and will also be an opportunity for you to inform us of any allergies, injuries, and any other relevant information.

Send your questions, applications, thoughts, feelings, hopes, and dreams to:
melody@bodyprojectpt.com

