

LGBTQIA+ Wild Weekend Retreat

Saturday 27th July & Sunday 28th July with Lou Thomas and Gabi Parkham



- Saturday 27th July & Sunday 28th July
- Daily yoga practices, including a morning class and a longer afternoon workshop
- 1 wood fired sauna session with botanical rituals
- Sensory and mindfulness walks in nature
- Delicious home cooked vegan lunches, dinner, and cake.

The Place

The entire retreat happens at [Stanmer Organics](#). 3 miles from central Brighton, this special cooperative site is devoted to sustainability, permaculture, and community wellbeing projects.

The yoga, massages, and lunches will be in the unique zero-carbon [Earthship](#).

We will also spend an afternoon at Stanmer Garden Sauna, for a wood fired sauna session in the woods, with guided sauna rituals with the warm hearted and bubbly Bella.

Please Note: This is a non-residential retreat. Attendees are expected to stay in the local area. If you are traveling from out of town, please arrange your own accommodation from which you are able to travel to the retreat.

Getting There

[Stanmer Park](#) can be accessed easily from Brighton by bike, bus, train or car.

The Activities

Yoga

Gabi and Lou will guide daily yoga practices. The morning practice will be an accessible but energising flow practice, where we joyfully move our bodies through asana followed by some slower paced practices for exploring somatic movement, restorative yoga, pranayama, and meditation. One afternoon will have an extended restorative yoga workshop, for resting deeply, and visiting your dreamworld through yoga nidra.

Lou and Gabi are accessible yoga teachers, happily specialising in working within their own LGBTQIA+ community. Their teaching is playful, trauma-informed, and consent-led, to invite students to meet themselves with compassion and curiosity.

Enjoying Nature

The retreat happens at the heart of Stanmer Park, where you are surrounded by woodland. There will be guided walks to really immerse yourself in nature, and soak up the magic of the woods.

Optional Extras

Massages

Over the weekend Lou will be offering short bodywork massage sessions. These will be 30 minutes, fully clothed, on the ground. These will be at the extra cost of £30.

The Food

The following food is included in the retreat:

- Fresh salads, dips, and bread for lunch on Saturday and Sunday
- Home cooked cakes with hot tea
- Snacks, such as crisps, fruit, and biscuits
- Hot tea throughout

All the food will be vegan, please notify us as soon as possible with any other dietary requirements

Weekend Time Table (Example Only - subject to change)

Saturday

10am	Meet at Stanmer House to walk to the Earthship Opening rituals
11am	Morning Yoga
12:30pm	Lunch
1:30pm	Sauna Session
3:30pm	Walking and breathing meditation in the woods
4:30pm	Cake and Cuppa
5pm	Goodbyes!

Sunday

10am	Morning Yoga
11:30am	Mantra and Meditation
12:30pm	Lunch
1:30pm	Group Amble
2:30pm	Restorative and Nidra Workshop
4:30pm	Cake, cuppa and goodbyes

The price:

The weekend retreat costs £199

There is a concession rate of £185

And a limited time early bird price of £175

Accessibility Information:

The event takes place at Stanmer Organics, which is a 10 minute walk on foot across uneven and sometimes muddy terrain. Where this may be an obstacle, lifts can be arranged to pick people up and drop them on site. There are non-gendered, outdoor toilets which are up 2 steps. Parking available at Stanmer Park, with the closest being Patchway. Snacks will be vegan, please get in touch with further dietary requirements.

There will be up to 20 other people attending. Although this is a large group, we will try to cultivate a low sensory environment, with plenty of quiet time, and also the option to take space and breaks totally at your own choosing.

Covid Safety:

We continually recognise the need to keep our community safe from the spread of covid. There will be no more than 18 people in the venue. Some of this event will take place outside, and the venues we use will be ventilated. While in the sauna people will be sat close and social distancing will not be possible. Attendees are suggested to take a lateral flow test before attending and you are welcome to wear a mask during the retreat at any point.