

SPRING 2025

Inner Sanctuary Yoga and Well-Being Retreat

Lower Marsh Farm Cornwall - PL12 6NG

Limited spaces available - book early to secure your place



INNER
SANCTUARY
RETREAT



Welcome to the Inner Sanctuary Yoga and Well-Being Retreat Friday 21st - Sunday 23rd March 2025

Spring Retreat in Cornwall
Lower Marsh Farm

WHAT TO EXPECT

As the daffodils begin to bloom, take a moment to step away from your everyday life, leave the winter months behind and celebrate new beginnings.

This spring retreat is created with you in mind to find time to reconnect with yourself, other like-minded people and the beauty of the Cornish countryside.

I like to teach Yoga from the heart, creating a fun and friendly atmosphere in an inclusive and supportive environment; encouraging each individual to grow and develop at their own pace. Together we can enjoy flowing dru-style yoga with yoga asanas, deep rest with guided yoga nidra relaxation, and balancing pranayama breath work. I believe a combination of all of these practices can give you the chance to reset your mind, release stress, create balance, focus and inner peace. Wherever you are on your yoga journey, you are welcome to join me, and take this opportunity to link in the power of yoga.

Alongside yoga practise there will be the opportunity to gather around a fire circle, try candle gazing, spend time peacefully reading or walking in nature, braving wild swimming, enjoying tennis or relaxing in the hot tub. One evening there will be an extended yoga nidra relaxation to aid deep peaceful sleep, and a daytime session to create your own Mandala. There will also be included an afternoon sound bath experience and optional supplementary reflexology treatments located in the tranquil chapel.

Each day a delicious spread of healthy and nutritious food will be provided as we eat together, share stories and maybe even a glass of wine.

I am excited for you to join me, for a weekend that is just for you.



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Jillys House of Yoga



Inner Sanctuary Yoga Well-Being Retreat

Example itinerary which maybe
subject to change

Friday 21st

3pm - Arrive at Lower Marsh Farm where you will be meet, welcomed and taken to your chosen accommodation. Take time to unpack your bags and settle into your chosen space.

3.30pm - 4pm - There is an invitation to meet for afternoon tea in the dining area, to meet other guests and enjoy the delights of a delicious afternoon tea. After this there will be time to become familiar with your surroundings and get to know your retreat home for the next two days.

5-6.30pm **Yoga** - we will meet in the yoga studio and I will talk you through the weekend itinerary and set some intentions for the days ahead. Following this we will enjoy together a yoga session allowing us to arrive in the beautiful space, to ground our body and mind, preparing us for the weekend ahead.

7pm - We come together to enjoy a delicious healthy, vegetarian feast prepared in house. You are welcome to BYO wine if you would like.

8.15pm - **Yoga Nidra** for deep relaxation to prepare us for a blissful nights sleep.



Saturday 22nd

8am-9.15am **Yoga** - Meet in the yoga studio for energising yoga flow with yoga asanas, combining with pranayama (breathing) practices to awaken the body and mind for the day ahead.

9.30am - Enjoy a delicious breakfast

10.30am-3.30pm - Free time for you to do whatever you choose, take time to relax, explore at your own pace or simply chill out with a book or meander through the grounds.

- Reflexology in the peaceful chapel (45mins @ £25 - please let me know if you would like to book a session).
- Wild swimming if you are feeling adventurous and brave.
- Or just hop into your own personal or shared hot tub.
- Tennis

The choice is yours to take the time to do whatever you need to enjoy what is right for you at this time.

1pm - Lunch will be served, a time to reconnect with each other and enjoy some more delicious flavours

3.30pm - 4.30pm - Sound Bath in yoga studio

During this period of free there will also be other options for you to enjoy including :-

5pm-6.15pm **Yoga** - Meet in the studio for a relaxing restorative yoga practice, combining slow movements and postures with a guided relaxation to nourish your body and mind.

7pm - Let's join together for dinner, a healthy selection of food prepared for you. You are welcome to BYO wine if you like.

8.30pm - Fire pit circle under the stars (bring your own drinks). Enjoy a positive end to the day, to chat, laugh and share stories with others. Together we can breathe, balance, inviting the fire energy and letting go of anything that no longer serves you.

Sunday 23rd

7.30am-8.15am - Help yourself tea, coffee and fruit

8.15am-9.30am **Yoga** - Rejuvenating and strengthening yoga practise. Combining breath work with flowing sequences to create positive energy for the body and mind for the day ahead, and your journey forward.

9.30am - Enjoy a delicious breakfast.

10.30am-11.15am **Yoga Nidra** - Gather in the studio for a nurturing yoga nidra relaxation to balance the body and mind, to bring mindfulness and gratitude into your life.

12pm - Checkout and time to wish you farewell for a safe journey home.

WHAT'S INCLUDED:-

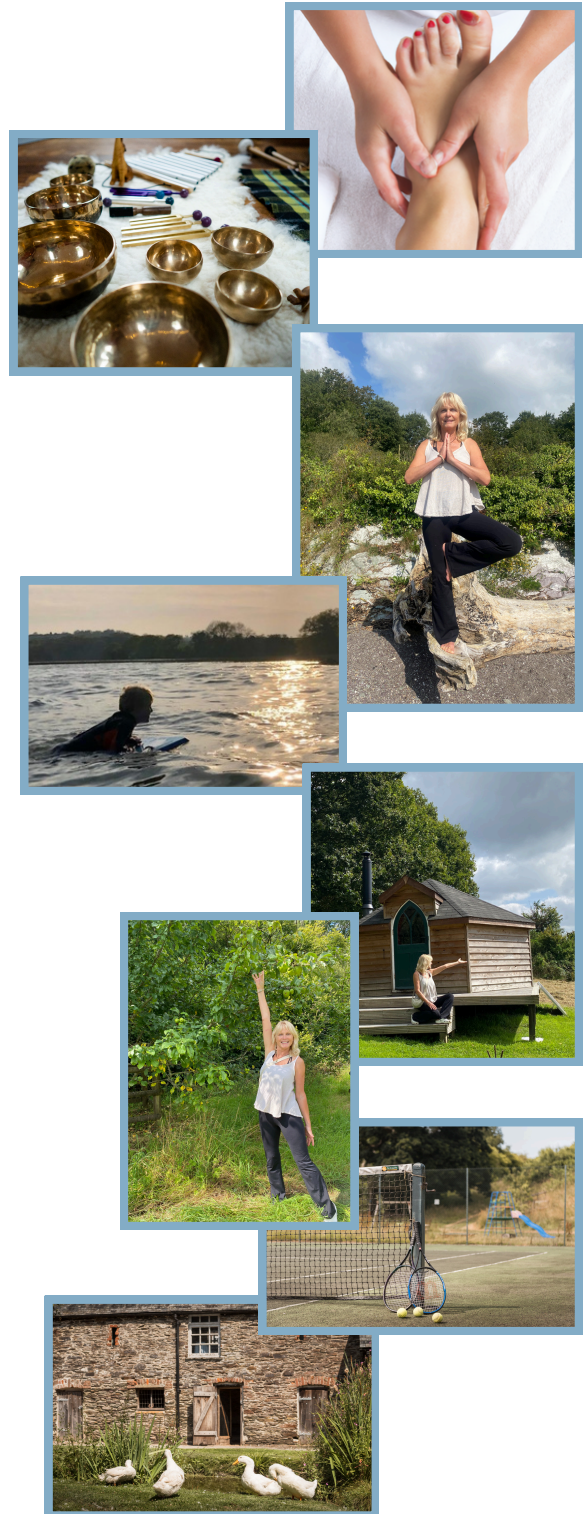
- Yoga and Yoga Nidra classes suitable for all
- Pranayama (breath work, yoga asanas, yoga flows)
- Mats, blocks, knee support and eye pillows provided
- Luxury Award Winning Accommodation
- Private cottages. Shared Barns and Glamping (options available to suit all budgets)
- Fire Pits and Hot Tubs
- Tennis Court (rackets provided)
- Explore local walks in rural woodland location
- Delicious and nourishing vegetarian meals (gluten free & vegan available if you let us know) Severe allergies not catered for
- Mandala painting
- Fire Pit Circle
- Sound Bath
- Wild Swimming within walking distance
- Wifi available (free)

WHAT'S NOT INCLUDED :-

- Transport to and from the retreat
- Alcoholic drinks (BYO acceptable)
- Reflexology in the Chapel is available at an extra cost of £25 for 45 mins

WHAT TO BRING:-

- Towel for swimming and hot tub
- Walking boots or trainers or both
- Wet weather gear
- Swim suit
- Blanket & small cushion for relaxation
- Drinking water bottle
- Holiday Insurance recommended



ABOUT ME

Life is definitely an inspiration if you decide to follow your dreams and take the deep dive to do what makes you feel connected, inspired and whole. After many rewarding years of being a nurse, bringing up my two beautiful girls and being a partner to my supportive and inspiring husband. I was fortunate to be given the space and opportunity to make a change in my life and took a bold step to do something I had always dreamed of doing.

My yoga practice over many years offered me an "Inner Sanctuary", and I was inspired to take this to a deeper level and do my 300 hour Dru-Yoga teacher training.

Since then I have been inspired every day to continue on this empowering and fascinating journey of learning and discovery. I then completed my advanced Yoga Diploma, learning how to become more connected to Yoga Asanas, to the spiritual connection of the soul and the power of yoga to stay well and happy, and encourage life balance. Further training in back care, well being, pranayama and more recently Yoga Nidra Deep Sleep relaxation gave me more scope to offer so much more to both myself and my yoga students.

I teach regular group classes in South East Cornwall and feel privileged to have a following of many beautiful souls who join me on the mat for their own individual journey to move, flow and connect.

My home studio, which has been lovingly built by my husband Nick, has given me the amazing opportunity to offer smaller classes, for those who prefer this more intimate approach.

I have taught in retreats in Cornwall and Greece. I am now offering Inner Sanctuary retreats at Lower Marsh Farm and Lanhydrock Hotel, both in Cornwall.

Come and join me sometime on the mat. You are always welcome.

"Dance with the flow of life"



GRATITUDE

I am eternally grateful to have been given the opportunity to follow my passion and do what makes my heart sing.

A journey of joy and discovery, learnings and deep connection to myself and the beauty of this planet.

My gratitude extends to all who have supported me, but particularly to ... my wise and giving yoga teachers, yoga colleagues and supportive yoga community.

Also to my family Nick, Rachel and Jenna and my dear friend Jan, all of who have supported and encouraged me on my way.

MY ETHOS

My ethos is to keep my yoga practice and teachings fun, meaningful, inclusive and enlightened. I teach from the heart, and offer authenticity with body and mind connection and awareness.

Yoga is a gift, a gateway in this busy world to live a healthy, balanced life, nurture every part of you and connect to the inner peace of your true being.

Jilly 'B'



How to Book

Visit my website www.jillyshouseofyoga.com (Inner Sanctuary Retreat page)
or email jillyshouseofyoga@gmail.com or phone Jilly 07968 340585
Location/Directions are found on my Inner Sanctuary Retreat page

Find Us

Lower Marsh Farm is situated on the outskirts of the small village of Landulph, right on the shores of the River Tamar that runs down the border of Devon and Cornwall.

The Farm strikes the perfect balance of being in the depths of the Cornish countryside whilst being easy to reach by our excellent rail and road connections.

Travelling by Road

For GPS Sat Navs, our postcode is PL12 6NG, however we recommend following the directions below.

The 'what3words' location is outdoors.test.saturate.

From M4 /M5:

Take the M4 or A303 to reach the M5 at Exeter. Go past Exeter and leave the M5 on to the A38 (sign posted to Plymouth). Stay on the A38 towards Plymouth or Liskeard. Go past Plymouth, over the Tamar Bridge and through the tunnel after it. Note that both the bridge and tunnel are 30mph zones.

After the tunnel, you will quickly reach Carkeel roundabout. Turn right at the roundabout, which is the 3rd exit (sign posted to Callington & St Mellion). You will almost immediately come to another roundabout (there is a large Waitrose will be on your right hand side), go straight over and continue on the A388.

Follow the A388 for about 2.5 miles, going past The Croft Pub (on your right), straight over the roundabout at Hatt and then you will see a right turn signposted to Landulph, take this turning (some Sat Navs suggest you take an earlier right turning but please ignore and wait for the one sign posted to Landulph). After half a mile you reach a T-junction, turn right and follow the road to Landulph village which is about 2 miles - keep going straight (please drive slowly through the village - it is a 20 zone due to the school, horses etc). After leaving the village (road is marked as a dead end and there is a sign for Lower Marsh Farm with an arrow pointing slightly right up the road), you will go past Landulph Church on your left and at the bottom of the hill a yellow cottage will be straight in front of you.

Turn right immediately in front of the cottage and follow the road round. You will see a sign along the drive welcoming you to Lower Marsh Farm. This is the entrance to our driveway so follow it around to the courtyard.

From North Devon / Cornwall (A30):

At Launceston take the A388 south towards Callington and Saltash. After coming through Callington, after a few miles you will go through a small village called St Mellion. Keep on the A388 over the roundabout leaving St Mellion and approximately 1 mile further on take the left turn sign posted to Cargreen and Landulph (and Pentillie Castle). Keep going straight along this windy road for approximately 3 miles (you will go through Landulph village and then the road will be marked as a dead end). You will go past Landulph Church on your left and at the bottom of the hill a yellow cottage will be straight in front of you.

Turn right immediately in front of the cottage and follow the road round. You will see a sign along the drive welcoming you to Lower Marsh Farm. This is the entrance to our driveway so follow it around to the courtyard.

Travelling by Train

- Fast services run from London Paddington to Plymouth (~2 hours 50 minutes) although it is best to book in advance to get cheaper seats. A taxi from Plymouth will cost around £20 - £25. Taxis are available outside the station. Alternatively you can pre-book your taxi and prior to your booking we will send you some contact details for these.
- Slower services run to Saltash (which is nearer to us). A taxi from Saltash will cost around £10. We would recommend pre-booking a taxi. Prior to your booking we will send you some contact details for these.
- If you require the services of a car rental company during your stay, then Hertz are based a taxi ride from the train station (which they should refund to you) . Or [Nationwide Hire UK](#) will deliver and collect a car from the farm or the train station.