

WILD CAMPING & GLAMPING NATURE CONNECTION YOGA RETREAT

REWILDING YOGA RETREAT AT KNEPP IN THE HEART OF THE SUSSEX COUNTRYSIDE

8th - 11th July 2022



About Knepp

Encounter herds of wild ponies, cattle, deer and pigs as they roam 3,500 acres of Sussex, countryside, the driving the forces of habitat regeneration. Since 2001, the land – once intensively farmed it has now been devoted to a pioneering rewilding project.

Using grazing animals as the drivers of habitat creation, and with the restoration of dynamic, natural water courses the project has seen extraordinary increases in wildlife. Extremely rare species like turtle doves, nightingales, peregrine falcons and purple emperor butterflies are now breeding here; and populations of more common species are rocketing.

A Wildland Project is radically different to conventional nature conservation in that it is not driven by specific goals or target species. Instead, its driving principle is to establish a functioning ecosystem where nature is given as much freedom as possible.

The aim is to show how a 'process-led' approach can be a highly effective, low-cost method of ecological restoration suitable for abandoned or failing farmland that can work to support established nature reserves and wildlife sites.



The yoga studio / yurt

Situated in a beautiful wild-flower meadow, within the 3,500 acre rewilding project on the Knepp Estate, sits a dedicated haven to practice yoga within nature. A hand-crafted yurt that is surrounded by a chorus of birdsong.

The yurt has plenty of yoga equipment (eco friendly mats, bolsters, blanket belts and cork blocks), however please feel free to bring your own yoga mat and equipment.

I will be following social distancing guidelines while in the yoga studio on this retreat, so numbers are limited. If the government guidelines change before May 2021 then I may be able to add more spaces.



Accommodation



PITCH YOUR OWN TENT

Situated in a wild-flower meadow on the edge of an ancient wood and surrounded by 3,500 acres, this is real wildlife camping. Each pitch has its own upcycled fire-pit. There are two eco-friendly flushing loos and three hot water rain-showers on site, as well as two hot water open air baths. Campers are also welcome to use the luxury mains showers and flushing loos near the onsite shop. The campsite is not lit at night so please bring torches and take care around steps. No pets allowed or children under 12.

**PRICE £60 per person
For the three night stay**



SHEPHERD HUTS

The shepherd huts are all subtly different and hand-crafted using recycled materials and wood. The interior is ingeniously constructed using reclaimed timber. There is ample storage space underneath the bed for luggage.

An antique wooden table and two antique wooden chairs provide seating space inside the hut. Fitted out with quality natural fibre mattresses, feather duvets and pillow and pure Egyptian cotton bed-linen. There's are 'Hobbit' wood-burning stoves, with stove-top kettles, have glass doors so you can watch the flames and Bialetti coffee-makers. Lighting is provided by a battery hurricane lamp, two bedside reading lights, and a candle lantern.

Outside, the hut has its own upcycled fire-pit and barbecue grill, with two hardwood outside chairs. The huts have no bathroom facilities. There are two eco-friendly flushing loos and three hot water rain-showers on site, as well as two hot water open air baths. Campers are also welcome to use the luxury mains showers and flushing loos near the onsite shop. No pets allowed or children under 12.

**ALL SHEPHERD HUTS HAVE DOUBLE BEDS
(5ft wide x 6ft long) suitable for couples
or singles or those who don't mind sharing a bed**

**PRICE £365 PER HUT
For the three night stay**



BELL TENTS

Made of high quality cotton with plenty of ventilation for hot summer days, this tent provides an enormous amount of space perfect for stretching out, or for an extra camp-bed. The bed is hand-built from oak, harvested from the woods on site, with a lovely handcrafted headboard, luxury natural fibre mattress, four down pillows and down duvet, pure Egyptian cotton bed linen and colourful recycled wool blankets.

The bell tents have space for one extra camp bed.

There is wood-burning stove to keep you toasty in the colder months, with a stove-top kettle and a Bialetti coffee-maker. Lighting is provided by two battery reading lights, two travelling battery hurricane lamps, and a candle lantern. The tent is furnished with quirky locally-sourced furniture including a small writing desk, comfortable two-seater sofa, and a vintage travelling trunk. All bell tents are raised off the ground on a wooden platform ensuring a flat floor and avoiding any damp. The floor is laid with coir matting and vintage Swedish rag rugs by the bedside. Outside, the tent has its own upcycled fire-pit and grill and a funky table and two stools made out of recycled tyres.

The bell tents have no bathroom facilities. There are two eco-friendly flushing loos and three hot water rain-showers on site, as well as two hot water open air baths. Campers are also welcome to use the luxury mains showers and flushing loos near the shop. No pets allowed or children under 12.

ALL BELL TENTS HAVE DOUBLE BEDS (5ft x 6.6ft)

**& ROOM FOR A SINGLE CAMP BED
Suitable for couples or singles
or those who don't mind sharing a bed**

**PRICE £415 PER BELL TENT
EXTRA CAMP BED £25 PER NIGHT
For the three night stay**

Accommodation



YURTS

The Yurts are centrally placed on the site with an uninterrupted view of the wild flower meadow and the South Downs in the distance.

hand-built from oak harvested from the woods on the campsite with a lovely hand-crafted wooden headboard, and topped off with a luxury natural fibre mattress, four down pillows and a down duvet, pure Egyptian cotton bed linen and colourful recycled wool blankets.

There is a wood-burning stove to keep you toasty in the colder months, with a stove-top kettle and a Bialetti coffee-maker. Lighting is provided by battery reading lights, two travelling battery hurricane lamps, and a large candle lantern. The yurt is furnished with quirky, locally sourced furniture, including a leather sofa with recycled cushions, two beautiful African chairs, and a Burrell family travelling trunk. The floor is laid with coir matting, a Longhorn cowskin and sheepskin rug.

All our tents are raised off the ground on a wooden platform ensuring a flat floor and avoiding any damp. The Yurts has its own upcycled fire-pit and barbecue grill, with a table and French café chairs.

**ALL YURTS HAVE DOUBLE BEDS (5ft x 6.6ft)
& ROOM FOR A SINGLE CAMP BED
Suitable for couples or singles
or those who don't mind sharing a bed**

**PRICE £530 PER YURT
EXTRA CAMP BED £25 PER NIGHT
For the three night stay**



TREE HOUSES

There are two spectacular Tree Houses built around a mature oaks in a secluded corner of the ancient woodland, a short walk through the woods from the main campsite.

Made out of local, sustainably sourced oak, chestnut and Douglas fir, with shingle walls of fragrant cedar, they are an engineering delight.

An easy flight of steps takes you up to the platform, four metres above ground, to stunning views of the rewilding project. The spacious 21m² platform provides ample room for a tented bedroom - complete with wood-burning stove and

luxurious handcrafted double bed, suitable for couples or those who don't mind sharing a bed. It has an

outside deck with table and chairs to enjoy the sunset.

With a luxury natural fibre mattress, four down pillows, a down duvet pure Egyptian cotton bed linen and warm woollen blankets to welcome you at night, you're in the lap of luxury yet surrounded by nature with all the wonderful sounds of owls, Nightingales and roaring stags.

Lighting is provided by battery reading lights, travelling battery hurricane lamps, and candle lanterns.

There is a wood-burning stove to keep you toasty in the colder months, with a stove-top kettle and a Bialetti coffee-maker.

At ground level, you also have your own fire-pit with barbecue grill, table and chairs. The treehouses have no bathroom facilities although one treehouse has an outside bath.

There are two eco-friendly flushing loos and three hot water rain-showers on site, as well as two hot water open air baths. Campers are also welcome to use the luxury mains showers and flushing loos near the onsite shop. No pets allowed or children under 12.

PLEASE EMAIL ME FOR PRICES

ALSO INCLUDED IN YOUR YOGA RETREAT WALKING SAFARI & WILD SWIMMING

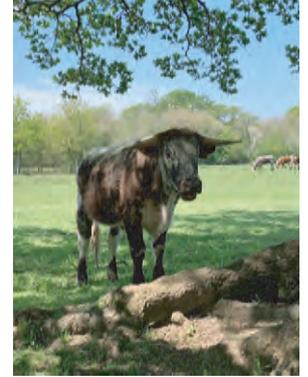


Wild swimming.

Set in the heart of the rewilding project and surrounded by willows and ancient oak trees, the pond is also home to some "wilder residents" including moor hens and coots. The swimming pond is accessed via decking and a small flight of steps where you can enter the water.

Entering from the sides of the pond itself will always be muddy.

There is also a shower on the decking to rinse yourself off after swimming. Please note this is a non-supervised swimming pond and you are responsible for your own safety.



Walking Safari**

Guided by an expert ecologist at a gentle pace, there is plenty of time to take in the wildlife from herds of free-roaming Longhorn cattle, red and fallow deer, Exmoor ponies and Tamworth pigs, to delicate butterflies and dragonflies. It is also the best way to listen to bird song and spot specialities like common and lesser white throat, Yellowhammer, goldfinch, Linnet and bullfinch. In July there is a good chance to see the rare purple emperor butterflies.

Walking will be for 2½-3 hours, with frequent stops to look at wildlife. Mid-way through the safari you'll break for tea, coffee and homemade brownies.

****I can give you details of extra safaris should you wish to book them**



The basic, daily schedule*

Friday

15:00 - Arrivals (pitching tents or settling into glamping)

17:30 - Yoga and qigong fusion with meditation

19:30 - Dinner (two courses)

Saturday

8:00 - Meditation & yoga practice

10:00 - Breakfast and free time

Walk on the wildside nature tour

14:00 - Lunch and free time

17:30 - Yoga and qigong fusion with meditation

19:30 - Dinner (two courses)

Sunday

8:00- Meditation & yoga practice

10:00 - Breakfast and free time

13:30 - Lunch

17:30 - Yoga and qigong fusion with meditation

19:30 - Dinner (two courses)

Monday

8:00 - Meditation & yoga practice

9:30 - Breakfast and free time

11:00 - Departures

*Schedule is subject to change, dependent upon group dynamics, energy levels and weather for outside meditation



PRICES FOR 2022

**PRICES VARY BASED ON YOUR ACCOMMODATION CHOICE
THIS RETREAT IS OFFERED WITH EITHER CAMPING OR GLAMPING.**

ALL GLAMPING HAS DOUBLE BEDS & THE YURTS & BELL TENTS CAN HAVE AN EXTRA CAMP BED ADDED

BASE PRICE WITHOUT ACCOMMODATION £375 per person

Included in this price is all yoga, Qigong and meditation sessions in a purpose built, fully equipped yoga shala. All vegan and vegetarian food during your stay on Friday, Saturday, Sunday and Monday morning. A two and half hour guided walking safari by an expert ecologist with a snack provided. Use of the wild swimming lake.

Please then pick your accommodation choice

Prices are for ALL three nights and are per unit NOT per person, apart from the bring your own tent camping

Remember, the glamping has double beds, perhaps share with someone you like to help make the glamping as cost effective as you can.

Shepherds huts £365 per hut for the three nights

Bell tents - £415 per bell tent for the three nights

Yurts - £530 per yurt for the three nights

Treehouses - Please email me

Camping in a bring your own tent £60 PER PERSON for the three nights

**TO RESERVE YOUR PLACE
THE FULL ACCOMMODATION FEE IS REQUIRED
PLUS 50% OF THE BASE PRICE
EMAIL heykarmayoga@hotmail.com**



Need to Knows

Insurance

It is a condition of booking, that people take out travel insurance to cover any cancellation, health issues and other eventualities. Please check with your insurer regarding their policy on global pandemics.

Washing / Bathroom

This is camping, so please bring your own towels and toiletries, the loos are flushing loos (there is no turn down service) Loo paper is supplied, however I would bring your own as well (just in case)

Snacks / Alcohol

There is one shop on-site with a limited range of food. If you're someone who get hungry or 'hangry' bring a supply of snacks and drinks for your stay. There is a kitchen on site where you are able to fill up water bottles. Alcohol is permitted, however please be respectful of all guests on the retreat.

Check in / out time

Check in is after 3:00 pm

Check out is 11am

Travel Information

There is no transfer to and from the Knepp, you are to make your own way there.

However, I can put people in touch with each other who are coming along to the retreat to travel together.

The nearest train stations are:

Horsham (RH12 1RD) 8.7 miles

Christ's Hospital (RH13 0ND) 8.8 miles

Billingshurst (RH14 9SP) 9.3 miles

Pulborough (RH20 1AQ) 12.5 miles

The 23 bus runs regularly along the A24 from Worthing to Horsham.

It's about a 45 min walk from New Barn Farm to the bus-stop at the Buck Barn crossroads on the A24.

No pets or children under 12 allowed due to the wild animals.

Yoga mats

Yoga mats and equipment are provided, but please feel free to bring your own mat if you wish.

WiFi

There is no wifi...only the call of the birds and nature's own TV

Cancellation Policy

Please email me and I will send you a copy

Finally

I am foremost a yoga teacher, not a travel agent, I will always do my best to insure your yoga retreat is as wonderful as I know you'd wish it to be. Please do feel free to let me know, if you have any further questions or if I have missed any information that you might need and I'd be delighted to assist.



ABOUT THE TEACHER

Paula's yoga journey started 24 years ago, as a weak and inflexible teenager. Since her very first yoga class, her body, mind and world has transformed.

Paula followed her two passions in life for yoga and design by training to be a teacher with YogaCampus London, one of the UK's top yoga teacher training courses, and becoming a product designer for the major high-street blue chip retailers.

Within her yoga teaching Paula works with a range of alignment based postures using the systems of Hatha Vinyasa flow and layers them with multidimensional movements. She encourages her students to honour their bodies, minds and feelings while focusing on the connection of breath and movement. She acknowledges that yoga is an inclusive discipline for all age and levels of experience, allowing participants to find their true homoeostasis. As well as the physical practice of yoga Paula integrates the psychology and yogic philosophy into her classes, encouraging the opening of the mind as well as the body, to experience and explore the full richness and benefits of what yoga has to offer.

Using her artistic background and her nerdy love of anatomy, Paula's classes are creatively designed to be interesting and informative while cultivating a strong sense of community and togetherness. Paula believes in the power of people the potential of kindness that is within all human beings and that 'We' the people make the difference.