

## FOOD & YOGA RETREAT

Fri 17<sup>th</sup> Oct - Sun 19<sup>th</sup> Oct

An Autumn retreat to journey inward, through food, flow, and connection.

The Croft Farm Escape,Great Gaddesden, HP1 3BP

# WHAT'S INCLUDED

Enjoy a 3-day, 2-night stay at the beautiful and serene Croft Farm Escape, just a short journey from London.

Join us for a soul-nourishing weekend of good vibes, connection, and self-discovery.

What's included:
VINYASA YOGA
SLOW FLOW YOGA
CANDELIGHT YIN YOGA
YOGA NIDRA
BREATHWORK
COOKING WORKSHOP
JOURNALLING & MINDFULLNESS PRACTICES
FIRE CEREMONY
COUNTRY WALK TO BUDDHIST TEMPLE
HOT TUB PARTY
ESSENTIAL OIL SAUNA THERAPY
ICE BATH THERAPY
COMMUNITY CONNECTION
DELICIOUS & NOURISHING FOOD

Prices start from £390.

Options for shared or private accommodation available.

Travel not included.

Optional extras: (for an additional cost)

Tarot reading

Massagaes

All activities on the itinerary are optional!

## SAMPLE ITINERARY

#### DAY 1

4pm Guests arrive

6 - 6.45pm Meditation & Opening Circle

7pm Dinner

8.30-9.45pm Yin yoga & yoga nidra

Guests are welcome to arrive any time from 4pm. If you are coming late after work please just let Talia know your ETA.



#### DAY 2

8-9.15am - Energising Vinyasa Flow

9.30am - Breakfast

11 am - Country walk to local Buddhist temple

1-4pm - Free time: Ice bath, sauna & hot tub will be open for 3 hours.

Time for nature walks, tarot reading, massages (need to prebook - contact Talia to arrange).

2pm - Lunch

4-5pm - Cooking workshop with Chef Gigi

6pm - Breathwork, mediatation & gentle flow

7pm - Dinner

9pm - Fire ceremony

#### DAY 3

8-9.15am - Energising Vinyasa & Closing Circle

9.30am - Brunch

llam - Depart



# MEET YOUR HOSTS!

Talia and Gigi are a husband-and-wife duo bringing their love of food, yoga, connection, and community to the retreat space.

Talia is a professionally trained chef, yoga teacher, and the founder of Nourished by Talia. With a background in restaurant kitchens, food media and as a retreat private chef, she now specialises in vibrant, Mediterraneaninspired plant-based food that's rooted in nourishment, joy, and seasonality. Her Turkish Cypriot heritage deeply influences her cooking style—wholesome meals that are both comforting and full of colour and flavour. As a yoga teacher, Talia offers grounding, breath-led movement practices that support people in building sustainable mindful practices, tuning in, and reconnecting with themselves.

Gigi is an Italian chef with over 15 years of experience, working as a head chef in fine dining restaurants. He brings warmth, creativity, and a love of hearty, soulsatisfying comfort food to the table—often inspired by the food he grew up with. His cooking is all about generosity, simplicity, and bold flavour.

Together, Talia and Gigi create retreat experiences that feel like home—rooted in care, connection, and shared meals made with love.







Talia's teaching style is intuitive, enjoyable, and free-flowing—designed to support you in slowing down and tuning in.

Across the weekend, you'll experience a nourishing blend of gentle restorative flow, uplifting morning vinyasa, grounding yin yoga, and deeply restful practices like yoga nidra and breathwork.

All levels are welcome, with a focus on moving mindfully and feeling good in your body.





Check in Friday at 4pm, check out Sunday at 12pm.

All activities on the itinerary are optional.

Should you prefer to skip a Yoga class, or opt out of any activties and relax instead, this is a weekend for you to decide what you need.

Prices start at £390 with different accomodation options available (see below)

£150 deposit paid upfront to secure spot.

Monthly plans available in maximum 3 installments.

Want to join us for just one day?

Saturday activties will run from 9am-10pm for £200.



Please contact Talia for more information and to secure your booking!

Tel: +44 7385 690 891

Email: hello@nourishedbytalia.com

#### THE COW SHED:

Perfect for fostering & building new connections.

The Milking Parlow

- Shared single (room of 4)
- Can be adapted into 2 double beds
- With en-suite bathroom
- Costs £410





The Orchard



- 2 single beds, 1 bunkbed (room of 4)
- Can be adapted into 1 double bed, plus bunkbed
- With en-suite shower & bath
- Costs £410



## THE STABLES:

The Cleansing Well

- 2 single beds (room of 2)
- Can be adapted into 1 double bed
- Shared bathroom next door
- Single bed, shared room: £525
- Double bed, solo occupancy: £680
- Double occupancy: £950





- 2 single beds (room of 2)
- Can be adapted into 1 double bed
- Shared bathroom next door
- Single bed, shared room: £475
- Double bed, solo occupancy: £600
- Double occupancy: £860



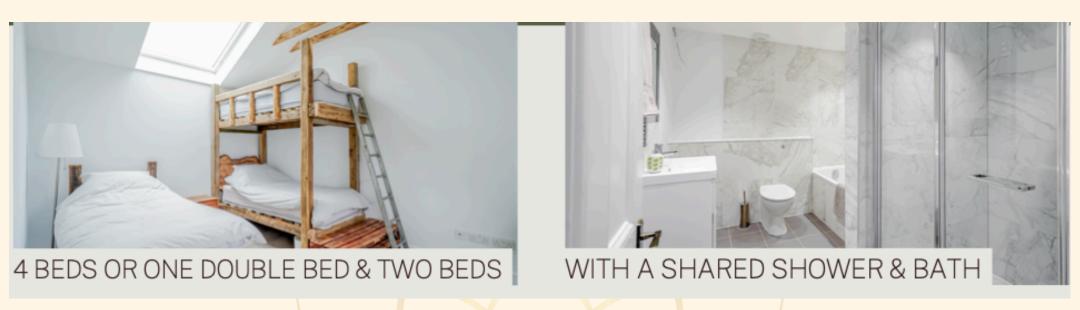




#### THE STABLES:

The Baddock

- 2 single beds, 1 bunkbed (room of 4)
- Shared bathroom next door
- Costs £390



All prices shown are per person.

- A £150 deposit is required to secure placement.
- 10% discounts offered on whole room bookings for shared accomodation.
- Monthly payment plans available maximum 3 installments.

### FLOOR PLAN

