



THE NOURISHED SOUL

FOOD & YOGA RETREAT

Fri 17th Oct - Sun 19th 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 & MINDFULNESS 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
Massages

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, meditation & gentle flow

7pm - Dinner

9pm - Fire ceremony

DAY 3

8-9.15am - Energising Vinyasa & Closing Circle

9.30am - Brunch

11am - 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, Mediterranean-inspired 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, soul-satisfying 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.





EAT THE SEASONS



Talia and Gigi will curate and prepare a vibrant, seasonal plant focussed menu that's nourishing, colourful, and full of flavour. Expect a generous daily brunch with both hot and cold dishes, wholesome afternoon treats or snacks, and a beautifully curated dinner each evening. The menu will be vegetarian with plenty of vegan options, celebrating global food influences, made with love and shared in community.



MINDFUL MOVEMENT

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.





LOCATION



THE CROFT FARM ESCAPE is located in Hertfordshire, surrounded by rolling hills or natural beauty. The farms have a stunning herb and vegetable garden, plenty of outdoor space to explore, where you can relax, read a book, meditate, dance around the fire and savour the peacefulness of the countryside just outside of busy London. Only a 30 minute train from Euston Station!

THE DETAILS

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 activities and relax instead, this is a weekend for you to decide what you need.

Prices start at £390 with different accommodation 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 activities 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

www.nourishedbytalia.com

ACCOMMODATION

THE COW SHED:

Perfect for fostering & building new connections.

~~The Milking Parlour~~

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



4 BEDS OR TWO DOUBLE BEDS



WITH A EN-SUITE BATHROOM

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**



4 BEDS OR ONE DOUBLE BED & TWO BEDS



WITH A EN-SUITE SHOWER & BATH

ACCOMMODATION

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**



TWO BEDS OR ONE DOUBLE BED



WITH A EN-SUITE BATHROOM

The Walnut

- 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**



TWO BEDS OR ONE DOUBLE BED



WITH A SHARED SHOWER & BATH

ACCOMMODATION

THE STABLES:

The Paddock

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



4 BEDS OR ONE DOUBLE BED & TWO BEDS



WITH A SHARED SHOWER & BATH

All prices shown are per person.

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

ACCOMMODATION

FLOOR PLAN

Barn Floorplans

