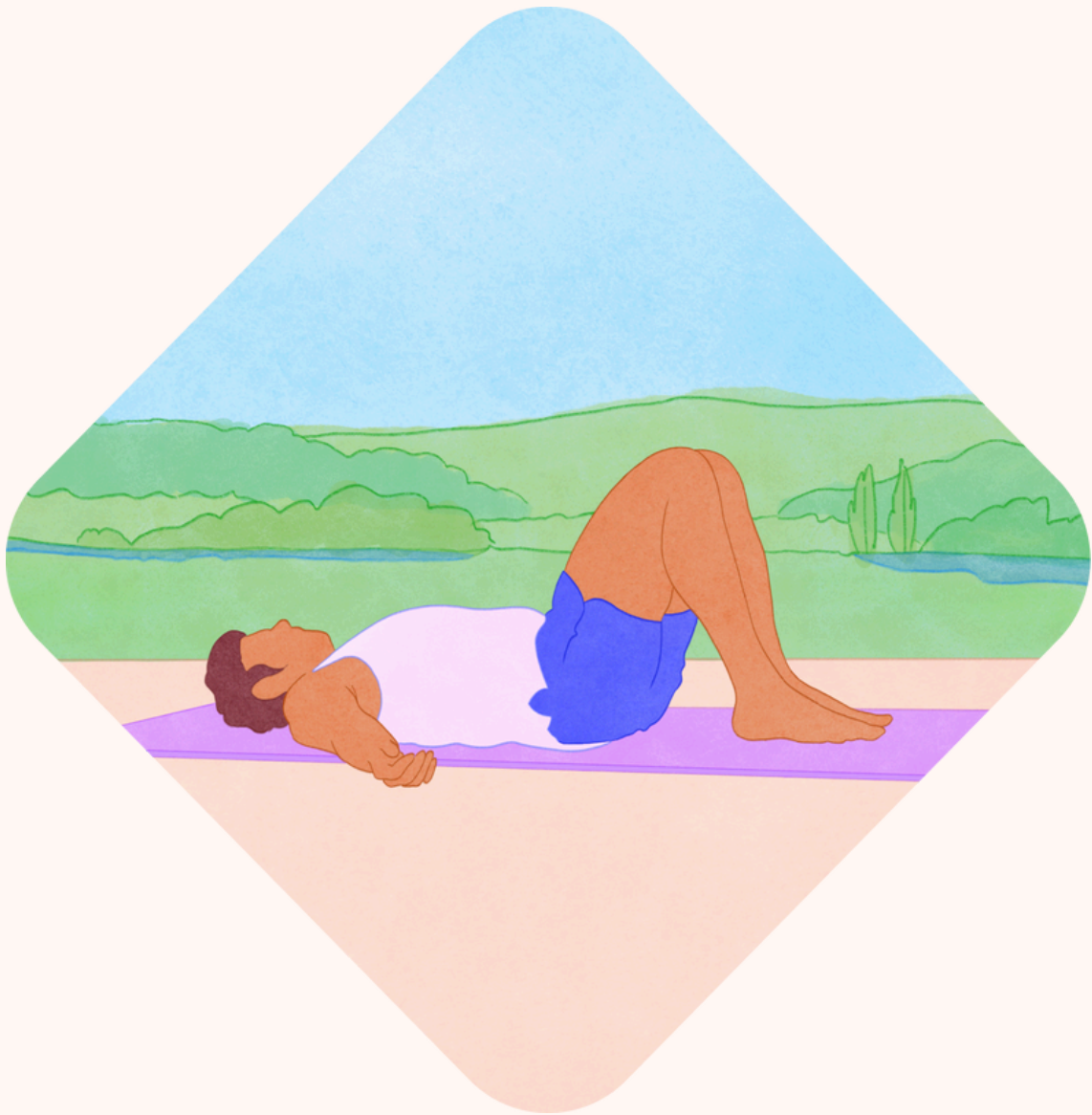


# slow & gentle retreat

Thursday 20th - Sunday 23rd March 2025



with Lou Thomas and Lisa Morris

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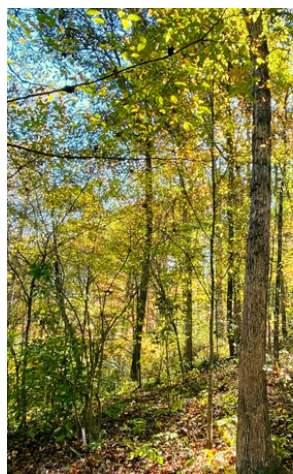
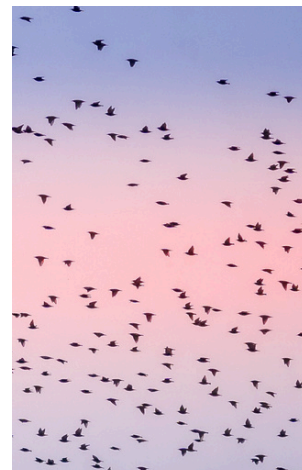
# What to expect

A long weekend for community members invested in slow & gentle practices, dedicated to unravelling, deeply slowing down, and resting into more subtle and connected states, through the wise, transformative and healing tradition of yoga.

- 5pm Thursday 20th March - Late morning Sunday 23rd March
- Long and spacious yoga practices
- A community-centred therapeutic approach
- Time in nature and the surrounding woodland and meadow
- Choice of shared twin or private rooms
- Delicious and plentiful vegetarian food (with vegan options)
- Scheduled and lightly held quiet time



Lou and Lisa



# The Offerings

## Yoga and therapeutic practices

Lisa and Lou both bring their own specialisms in yoga therapy, ritual and magick, massage therapy, body listening, embodied coaching, conscious dance, social justice and liberation centered approaches throughout the weekend.



**Lou Thomas** (they/he)

[bodybitsbrighton.com](http://bodybitsbrighton.com)

[instagram.com/bodybitsbrighton](https://www.instagram.com/bodybitsbrighton)



**Lisa Morris** (she/her)

[instagram.com/lisa\\_mindfullyoga](https://www.instagram.com/lisa_mindfullyoga)

This is a weekend for slowing down and resting deeply. Lou and Lisa take a trauma-sensitive, therapeutic, and non-performative approach. This means the classes will be gentle, playful, and accessible.

Over the weekend we will use a range of yoga practices (forget your downward dogs) to reconnect with ourselves, spending lots of time easing in and playing on the ground, not worrying too much about what shapes we make, or what we 'Get Done'.

There will be restorative practices, where we build intentional nests to feel contained and safe enough to drop in to comfort and softness. We will use Yoga Nidra to rest deeply and visit the regenerative wilds of our imaginations and dream-worlds. All of these practices will be lovingly held by a framework of yoga philosophy, to truly experience yoga as a transformative and radical unravelling of the many cultural constraints, hierarchies, and nonsense we find ourselves bound up in.



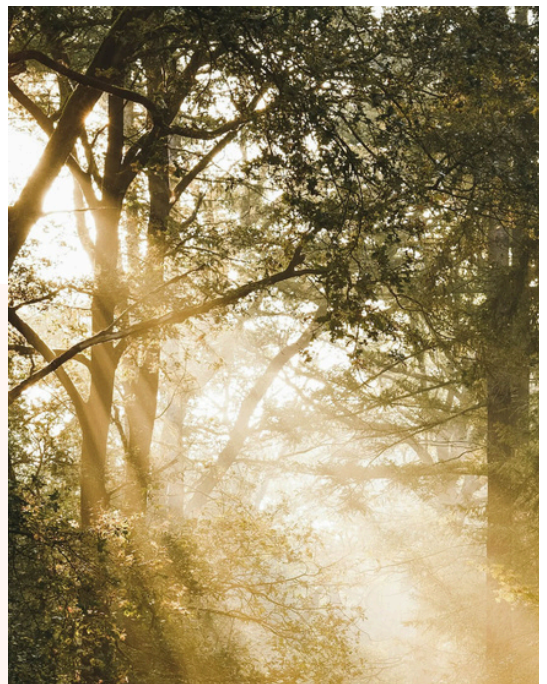
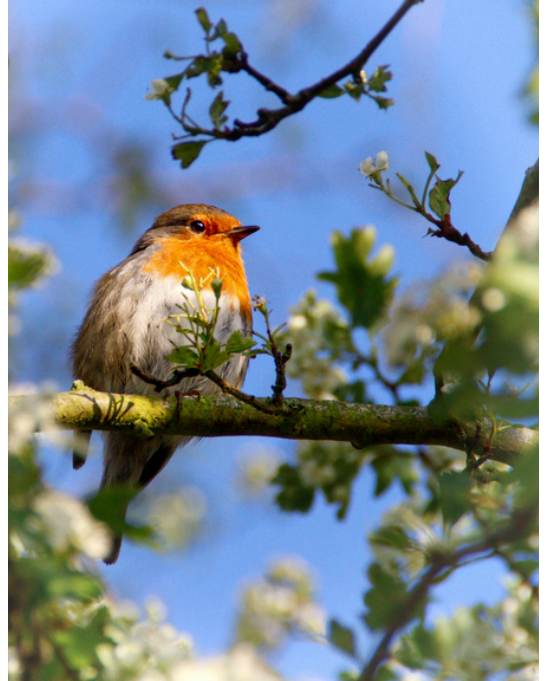
## Enjoying Nature

Whether you want to laze under the ancient oak trees with a book, meet the resident animals, or get out and explore the onsite woodland and expansive meadows, the whole retreat takes place on land where community has been cultivated and planted in the Earth.

## Quiet Time

There will be plenty of time and space over the weekend for quiet unwinding and contemplation. We want the weekend to feel totally unrushed and spacious, so your multi-layered self can slow right down, rest fully, and breathe deeply. We will hold periods of quiet throughout the weekend to carry the stillness we are co-creating deeper.

You will be requested to switch off your phone, and unless specifically required, phones will not be in use in communal areas. The intention is to unplug from the digital, and root back down into the real earth. Bring your favourite book, your journal, and a puzzle and experiment with doing less.



*The world goes on as it must,  
the bees in the garden rumbling a little,  
the fish leaping, the gnats getting eaten.  
And so forth.*

*But I'm taking the day off.  
Quiet as a feather.  
I hardly move though really I'm traveling  
a terrific distance.*

*Stillness. One of the doors  
into the temple.*

– Mary Oliver

# Example Schedule

The weekend is based on autonomy and moving at your own pace. The schedule is intentionally put together and you are invited to take what you need from the offerings, choosing time for co-regulation and co-creation in the group, as well as self-regulation in your own time and space.

Arrival: 4.30-5.30pm Thursday 20th March

Finish: 12 noon Sunday 23rd March

- 7:30am** Morning Embodiment and Breath
- 8:15am** Quiet Breakfast
- 9:30am** Group Connection and Gentle and Playful Yoga
- 1:00pm** Hearty & Wholesome Group Lunch
- 4:00pm** Deep Rest Practices and Sunset Fire Ritual
- 7:00pm** Evening Feast
- 8:30pm** Pyjama Yoga Nidra
- 9:30pm** Quiet Time



# The Food

All of your meals and snacks will be provided. There will be set meal times, but also food and snacks available to you throughout the day.

- Self serve breakfast of toast and cereal
- Hearty lunches
- Delicious Dinners
- Sweet Treats
- Hot drinks and snacks available throughout the day

All the food will be vegetarian, with vegan options as standard. Please notify us as soon as possible with any other dietary requirements.





# The Place

A hidden gem in East Sussex, just 16 miles from Brighton. This community-owned space is set in its own expansive countryside, with adjacent woodland.

You'll practice yoga in a sunny and spacious room, and relax in between sessions in the quiet 'snug' with sofas and views. The meadow is there for your gentle exploring, to see the resident friendly pig, horses and chickens, and meals will be in the rustic dining room with sofas, woodburners and views towards the South Downs.

Outdoors we can gather with benches round the fire pit as the night returns for this solstice weekend.

Read more here: [www.laughtonlodge.org](http://www.laughtonlodge.org)





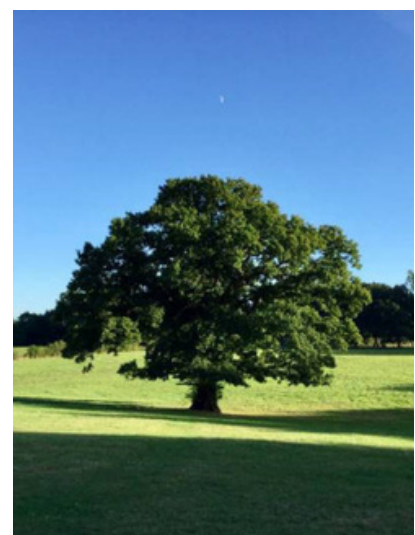
## The Accomodation

You have a choice of private or shared twin rooms across the community site. Some are in the main community space with the yoga hall, and their own newly refurbished showers and toilets. Some are in guest rooms in community houses on-site, with everything you need in your room to be super comfortable.



## The Yoga Space

The yoga happens in a light, wooden floored, spacious room with views of the meadow. Mats and props will be provided.



## Getting there

The retreat venue is on the outskirts of a small village in East Sussex, 16 miles from Brighton. The nearest train stations are Ringmer (less frequent) and Lewes (more frequent), with the option of a bus (less frequent) or short taxi ride. There is ample parking for those driving.

We will arrange a WhatsApp for lift shares and taxi groupings a few weeks before the retreat.

Venue address: Laughton Lodge, Common Lane, Laughton, Lewes, BN8 6BY



## The Cost

- £365 pp for shared double (for two people coming together)
- £385 pp for shared twin accommodation
- £485 for a private room

To secure your booking you must pay a non-refundable deposit of 50%, or pay in full.

Full payment must be made 6 weeks before the retreat (6th February - don't worry, we'll send out a reminder).

If you would like to discuss a payment plan, please do get in touch with us.

Following payment and booking you will be contacted by email with additional details.

## Booking & Payment

Booking and payment via our booking form:

<https://forms.gle/nHgRgDMiCBsZBmjMA>

# Accessibility

The community areas are on the ground floor, and there are some accommodation options that are step free, have an accessible bathroom, are very near to the yoga space. Our booking forms give you an opportunity to share access needs, which we will gladly speak to you about and allocate accommodation based on this.

The yoga practices will cater for a wide variety of bodies and injuries, and consent and taking things at each of our own paces will always be emphasised. Lou and Lisa are skilled and experienced teachers at adapting practices for different needs, and offering a wide range of approaches and options.

The weekend will be a low-sensory environment, with plenty of opportunities to take space and solitude when needed.

*“You were not just born to center your entire existence on work and labor. You were born to heal, to grow, to be of service to yourself and community, to practice, to experiment, to create, to have space, to dream, and to connect.”*

– Tricia Hersey

## Covid Safety

We are taking measures to reduce the risk of the spread of covid. All attendees are required to take lateral flow tests before attending, and if you have an active and new viral infection you will be asked not to attend. We will ventilate shared spaces daily.

Although you won't be requested to wear a mask over the weekend, it is a mask-positive space so you are very welcome to.

There will be a maximum of 16 people in the group. While we are taking measures to reduce the risk of viral infections spreading, we cannot omit the risk of this entirely.

## Community Care Statement

Lou & Lisa believe yoga should be an accessible and welcoming environment for everyone.

People of a range of ages, genders, sexualities, race and ethnicities, body sizes and shapes, dis/abilities are invited, and we hope to make a space where you can feel not just accepted, but recognised, celebrated, and supported.

We recognise the limits and barriers in our work, and are committed to meaningful and genuine community offerings and spaces.

We understand how trauma and stress, such as minority stress and trauma associated with marginalisation and violence, will be showing up in community, and intend to create a space that can recognise and tend to those experiences.

This is explicitly a queer and trans inclusive, neurodivergent, and Bodily-liberation centred retreat! We welcome an open dialogue, questions, and feedback about our ethos and approach, and invite ourselves to be in a messy, reflective and heart-felt process of imperfection and continued growth.