

rest + magic retreat



24th - 27th October 2025
Hazel Hill Woods
with Leonie & Lou

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what to expect



A long weekend in the Autumnal Wiltshire woodlands, to slow down and craft space for rest, magic and community.

Lou & Leonie (pictured) will offer practices to guide you back to your own magic, through individual and collective connection to the power of curiosity, play & ritual.



- 4pm arrival on Friday 24th - leaving after lunch on Monday 27th
- Gentleness and depth
- Practices to connect to our inner magic and the magic all around us
- Time to explore and connect to ancient tree friends and woodland
- Scrumptious vegan home cooked meals together
- A community centred, therapeutic & queer centred approach

the offerings



restful + magical practices

Lou and Leonie bring their own specialisms in the realms of yoga, magic, ritual and community to weave this retreat together for you. They both teach from their own lived experience as queer trans magicians, with a deep respect for the roots of yoga and the magic held in the natural world of these lands.



Leonie (they/he)

www.yogaloni.com

www.instagram.com/yogaloni/



Lou (they/he)

www.bodybitsbrighton.com

www.instagram.com/bodybitsbrighton/

For both Lou & Leonie, connecting to magic, is about pausing to listen, make space, slow down and tend to the moment. To connect to the in between spaces, the liminal, the queer. There will be a range of yoga practices and individual & collective rituals to support us with this - gentle movement & restorative yoga, yoga nidra, quiet time in nature, mantra, sauna time, fire time, stargazing...

who this retreat is for

this retreat is queer centred. lou and leonie are queer and trans, and specialise in offering spaces for their beloved lgbtqia+ community. this means the retreat is set up with that in mind, and intended to be a supportive space for queer and trans folks. this retreat is also open to people outside the lgbtqia+ community who consider themselves a respectful and loving ally.

example schedule



Leonie & Lou's desire is to centre magic not only in the practices on offer, but also in the way we facilitate. By this we mean, giving space to respond to what arises moment to moment in our facilitation. Letting what emerges in the group, the land, the energy surrounding us to weave into practices that meet the moment.

The schedule below is an example and may change shape with the needs of the group and as the magic unfolds.

- 8am.** curiosity practice
- 9am.** breakfast
- 10.30am.** heart + body magic
- 1pm.** lunch
- 3pm.** play + magic rituals
- 6pm.** dinner
- 7.30pm.** alchemy practice
- 8.30pm.** free flow fire time

the food



Food is an essential part of the retreat experience - to nourish your resting beings, to connect with one another and indulge the senses.

Bringing the food magic is the fabulous Babs Greaves - you are in for a treat!

Babs (they/them) is a LGBTQIA+ vegan chef currently living and working in Bristol, founder of Eat Your Greens cafe. They work with seasonal and foraged produce to create nutritious dishes and enticing flavours imbued with nature's magic.

They are a FOOD MAGICIAN!

Feedback from previous retreats for Babs:

"Their food is out of this world and their general presence is both badass and comforting"



the place

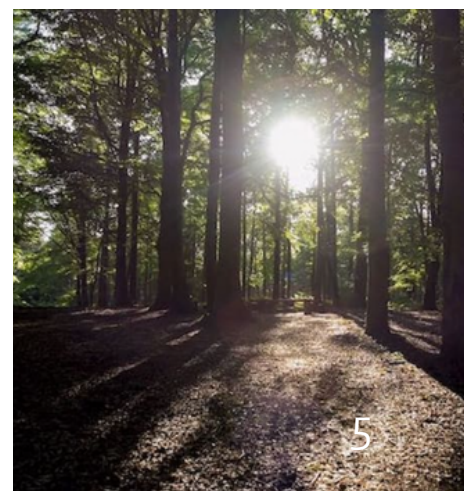


Hazel Hill is the perfect setting for this retreat. Described as a “*woodland retreat centre grounded in exchange with the more-than-human world. We nurture this beautiful ecosystem, and in return, it provides us with endless opportunities for healing and learning.*”

Hazel Hill is located just outside of Salisbury and is focussed on community learning & healing in amongst the woods.

We'll practice in the yoga space, as well as regular practices out in the woodland and the sauna. The woodland is there for you to explore as you wish. Outdoors we'll gather around the fire into the night as we draw towards the release of Autumn and Samhain.

You can find out more here: www.hazelhill.org.uk



the place



The accommodation

You have a choice of shared rooms (predominantly bunk beds) or private rooms across two buildings: The Hideaway and The Oak House. They all have shared compost toilets and showers. We have one room with an accessible en-suite bathroom.

You are in the woods! So expect very limited phone signal, some muddiness, rustic living & community contributions to stoking the fires.



The yoga space & sauna

The yoga happens in The Oak House. Totally off grid, with views out across the woodlands. Heated by woodburners.

Some equipment will be provided but you are warmly invited to bring more!

The sauna is a newer addition to the space and Lou (aka 'the sauna prince') is very excited about it!



Getting there

Venue Address & Directions can be found [here](#).

Leonie & Lou will arrange a group WhatsApp for lift shares / shared taxis a month or so before the retreat.

The nearest train station is Salisbury.



the cost



£400pp shared accommodation
£550pp private accommodation

To secure your booking you must pay a £150 deposit or pay in full.

Flexible payment plans are available (just get in touch) and the full amount will be due by September 2025.

For full terms & conditions regarding payments & cancellations, please see the final page of this document.

To book & pay, please fill out this form:
<https://forms.gle/1GiWpQ6uxKrHkLun6>



accessibility



The Venue

The venue for this retreat is in the woods. The communal buildings are accessible step free, and there is a wheelchair accessible toilet and bedroom available. However the step-free bathroom is not directly attached to the communal yoga space or kitchen, and requires going outside to a different building. Pathways around the venue and between buildings are likely to be muddy and uneven, so if you are attending and use a wheelchair, it would need to be suitable for off road use.

We are keen to support folks with specific access needs to be able to attend, and 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 Practices

The shared practices will cater for a wide variety of bodies and injuries. Consent and taking things at each of our own paces will always be emphasised. Lou and Leonie are skilled and experienced teachers at adapting practices for different needs, and offering a wide range of approaches and options. This work aims to disrupt and de-centre asana centred yoga, which often absorbs the normativity, performativity and force of our culture, and instead provide a much more real and expansive offering of yoga practices, which invite us to meet ourselves where we are. The weekend will be a low-sensory environment, with plenty of opportunities to take space and solitude.

accessibility



Community Care

Lou & Leonie 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 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.

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, and some practices and meals will take place outside (weather permitting). Although you won't be requested to wear a face covering 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, plus 4 facilitators. While we are taking measures to reduce the risk of viral infections spreading, we cannot omit the risk of this entirely.

terms & conditions



Lou & Leonie run small, independent, queer & trans led business and each and every retreat booking is very important to us. We put a lot of love, time and energy into organising each retreat as well as making non-recoverable payments in advance to make them happen. These T&Cs are written with this in mind, please take the time to read through them.

Booking

When you sign up for a retreat with us, we ask for a deposit or full payment to secure your space. We can only officially confirm your booking once this payment has been made. By making this payment, you indicate that you have read and agreed to the terms and conditions on this page. The remainder of the payment must be made 6 weeks before the retreat. We are very happy to set up flexible payment plans to support you in paying in instalments up until this date. Please make a note of this on your booking form and we will create a plan together.

Cancellations

We would strongly recommend getting your own travel insurance to cover the possibility of last minute cancellations/illness. Refunds depend on when we receive the cancellation.

- For cancellations within 24 hours of booking, you will be refunded 90% of your deposit.
- For cancellations with more than 12 weeks until the retreat date, you will be refunded 50% of your deposit plus a full refund on any additional payments you've made.
- For cancellations within 12 weeks until the retreat date, your deposit is non-refundable and any additional payments will be fully refunded.
- There will be no refunds given for cancellation requests made within 6 weeks.

Illness

In addition to the aforementioned Covid safety information, if you become unwell in the days prior to the event, please stay home and help everyone be well. Let me know as soon as possible as we may have a waiting list of interested people. Alternatively, if you find someone to enjoy your place, please let us know and we can discuss transferring your place.

In case we must cancel

In the unlikely event that we cannot host the retreat and we must cancel, we will notify you as soon as possible to discuss options. Your place will either be transferred to alternate dates or refunded. Please rest assured that my intention would always be to figure out a solution that is best for all which still ensures my own financial sustainability. For this reason we strongly recommend seeking your own travel insurance.

beyond the retreat



Coming together for this valuable work can be a deeply enriching and powerful experience. New friendships, perspectives, ideas, feelings may arise during and beyond the retreat. Give some time to consider your resources, support & what you can put in place before & after the retreat to care for yourself.

The facilitating team will be available throughout the retreat for ad hoc support & there will be for the group to continue connecting beyond the retreat.

Trust the group. Trust the land. Trust the practices.
Trust the magic.

Much love, Leonie & Lou x

Any questions, please do not hesitate to get in touch:

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www.yogaloni.com