



Libratum Wellness Retreats

At Champneys Health Spa



LIBRATUM

Upcoming Retreats

Yoga & Pilates Retreat
Champneys Forest Mere
6-8 March 2020

Yoga & Pilates Retreat
Champneys Tring
2-4 October 2020

About Our Retreats

Welcome to Libratum Retreats. Our wellness retreats offer total relaxation, rejuvenation and discovery, offering you a chance to connect with your deepest sense of self.

Inside discover what to expect, our activity schedules and more.



What To Expect

From beginning to end, this retreat is all about you – taking time out from the day to day tasks and endless 'to-do' lists, to re-connect with your body, mind and soul. To give back to yourself.

On arrival, settle into the gorgeous spa with complementary robe and flip flop hire. We begin the retreat with a meet and greet, followed by a warm-up class and delicious three course meal together.

Relax into the weekend with a host of intimate classes, group lunches and a special lifestyle and wellness workshop run by Professional Wellness Coach, Suzette Tagg. Option to book treatments, attend additional Champneys classes, walk around the beautiful grounds, or enjoy the stunning spa facilities.

About Libratum

Libratum is a UK based Corporate Wellness Solutions provider, helping companies build happy, healthy, high-performing teams. Libratum's team of wellness experts, coaches and specialists, educate, motivate and inspire individuals and teams to thrive. What's more, they do it in a fun, informative and engaging way that makes a truly positive impact in the workplace and beyond.

"I learnt something new about myself that I will be able to take forward into my everyday life."

Retreat Guest 2018



Accommodation, Food & Dining

Included in your stay is two night's accommodation at Champneys Health Spa, with the option to choose from a range of rooms: Standard, Superior, Luxe and Suite. Each room offers countryside charm with a modern touch. All rooms include complimentary bottles of water and Champneys bath products.

Food & Dining

At Champneys, it's all about healthy, delicious and beautiful food. As part of your retreat, you'll enjoy a delicious buffet breakfast, a hot and cold buffet lunch and three course dinner together. We consider dietary requirements, health conditions, religious beliefs, intolerances and allergies – providing nutritional information wherever possible.

Spa, Treatments & Relaxation

Prepare to relax and unwind with full access to Champneys world-class spa facilities, with the option to add on massages, facials, wraps and scrubs or beauty treatments.

Champneys Classes & Facilities

Your time at Champneys includes full access to a wonderful selection of fitness classes, fully-equipped gym and all of the accompanying spa facilities – swimming pool, sauna, Jacuzzi and steam room. For those with a sense of adventure, Champneys offer both wellies and bicycles to borrow, plus hiking trails to explore.

Typical Agenda

8.00	Pilates (Posture and Spine)
9.00	Breakfast
10:00	Lifestyle & Wellness Workshop
11:45	Pilates (Core Strength)
12:45	Lunch & Free Time
18:00	Relaxation & Guided Meditation
19:15	Dinner

About Suzette Tagg

Suzette is a professionally qualified Pilates and Yoga Teacher with fifteen years' experience.

She is also a Professional Wellness Coach, with the IAWP (International Association of Wellness Professionals). Suzette has a passion for helping others to achieve their personal health and well-being goals.

In Pilates, Suzette teaches participants how to fine tune each movement and exercise, with focused concentration, alignment, flow, control and precision to maximise results.

Suzette's approach to Yoga honours the ancient Hatha Yoga philosophies and methods to discipline and cleanse mind, body and spirit to achieve a happy, balanced and meaningful life.

YOGA & PILATES TEACHER



PROFESSIONAL WELLNESS COACH

Retreat Hosts



SUZETTE TAGG

Co-Founder of Libratum,
Wellness Coach (IAWP), Yoga &
Pilates Teacher



MEGAN WESLEY

Co-Founder of Libratum, Ayurvedic
Lifestyle &
Nutrition Practitioner (AAPUK)



Pricing

From £480pp

From £484.50 per person – Sharing Standard Twin Room

From £529.00 per person – Standard Single Room

£100 deposit to reserve your space with balance due 30 days
prior to arrival.

"Wonderful.
Recommend for
anyone leading a
busy life to take
time out to
revitalise and
refresh – And try
something new"

Retreat Guest 2018

How To Book

Book via the links provided or
contact Champneys directly with
the following reference:

March Retreat Ref: FPILYOGST
October Retreat Ref: Coming Soon

BOOK NOW

Spaces are limited, so
early booking is
recommended.

March Retreat

