



# Roundwood Luxury Retreat

~ Raise your vibration ~

1-3rd August 2025  
Micheldever, Hampshire, UK



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# THE BEAT OF THE RETREAT

We invite you for a special journey over a long week-end to raise your vibrations. It will be a transformative and empowering experience in the most beautiful Hampshire countryside.

Set on a private family-run estate with farmland, sweeping views, and truly amazing nature, this retreat is a great opportunity to connect to yourself and to feel united with nature. Through a combination of Kundalini yoga, sound baths, Nia free flow dance, reiki, and shamanic practices, you will feel a big shift within you. You might be surprised to bring home your different self.





A wholesome, nourishing raw food diet will raise your energy, improve your digestion and bring you a feeling of lightness. Fresh green juices and raw food will fire-start your vitality and make your skin glow. Apart from health benefits, raw food diet will change your vibration and you will have an opportunity to experience how tasty and fulfilling a raw food diet can be.



Carefully chosen kriyas (sequence of postures) and pranayamas (breathing techniques) will tune you into your true self. You do not need any previous experience of kundalini or other yoga. A journey with Victoria will help you to align with your highest self and rediscover the energy that lives within you. Through kundalini practices, a remembrance awakens, accompanied by a surge of energy that reconnects you...to be happy, holy, and healthy.

During your guided meditation classes in the woods you will have a very special experience. You will be planted as a tree! You will live as a tree for half an hour, then step barefoot into the earth and spread your roots. It is a very powerful experience. You will also expand your senses, being barefoot and blindfolded in the woods.



Nia free flow dance is a fun, barefoot workout to uplifting and inspiring world music. Nia incorporates modern dance, healing arts like yoga and martial arts. You are invited to engage your imagination, senses and emotions in a way you may not have done since childhood. Gaining strength, toning muscles, and exercising the brain are happy by-products of this joyful hour. You are not expected to be slim, young or coordinated. You are invited to move in your body's way and do more of what makes you feel good.



# ROUNDWOOD AND ITS SETTING

Roundwood is a 1000-acre estate with ponds, flowing fields and meadows, and mature woodland. A fully renovated Black Barn from 1800, originally used for grain storage, will be the centre-point for our activities when we are not in the nature or around the camp fire.

You will be sleeping in high-end bell tents under soft, warm duvets, with luxurious toilets and showers nearby.





# DAILY PROGRAMME

## DAY 1 - FRIDAY

Check in from 15:00 with welcome green juice and snacks

16:00 Opening ceremony

17:00 Nia dance

19:00 Dinner

20:00 Sharing circle around the fire

## DAY 2 - SATURDAY

08:30 Green juice

09:00 Kundalini yoga

10:30 Breakfast

11:30 Guided forest meditation

14:00 Lunch

15:00 Leisure / Reiki treatments

18:00 Sound Bath

19:15 Dinner

20:00 Sharing circle around the fire

## DAY 3 - SUNDAY

08:30 Green juice

09:00 Kundalini yoga and sound bath

11:00 Breakfast

11:45 Guided forest meditation

14:00 Lunch

14:30 Food demo

15:30 Leisure/ Reiki treatments

17:00 Closing ceremony

Check out 18:00



# PRICING

## PRICING OF RETREAT

Single use tent £900

Shared tent £750

### THE PRICE INCLUDES

- Pick up from and to Micheldever train station
- Secure parking if arriving by car
- 3 days, 2 nights lux tent accommodation
- Dinner day 1, 3 meals day 2, breakfast and lunch day 3, snacks, alkalising drinks, herbal teas
- A Nia dance class
- 2 guided forest meditations
- 2 yoga classes and 2 sound baths
- 1 reiki treatment
- Food demo and recipes to bring home

### THE PRICE DOES NOT INCLUDE

- Transport costs to the Retreat

### IMPORTANT TO KNOW

- The minimum number of guests is 7, maximum 15
- Availability is on a "first comes first" basis
- A 30% non-refundable deposit applies on booking
- Additional holistic treatments are available on request
- The programme may be subject to change; you will be updated daily
- The option for a private retreat can also be arranged

# MEET THE TEAM

Charles Church is hosting the retreat. Charles is an actor, and hospitality comes as second nature to him. He will also be involved in the logistics for the retreat and transport to and from the train station. He will be introducing you to every tree and every plant on Roundwood, making sure you see the estate in all its beauty.

Charles comes from a Shamanic wilderness philosophy training. He spent 3 years with Trackways near Lewis, East Sussex. He also studied at Eagle's Wing with Howard Charing, and with Daniel Stone at his Shamanic School in Mexico.

He will be guiding you through forest meditations, introducing you to powerful experiences being a tree and expanding your senses in nature. He will host the gatherings around the fire and bring us closer through shamanic practices.



Jelena ter Haar is a holistic therapist for the last 24 years. She is a reflexologist, massage therapist and hypnotherapist. Jelena is also a medical nurse. She has been working in many established UK practices like Reflexionst, Natural Mother, Neal's Yard Remedies for a decade.

Her raw gastronomy consists of balance between art and science, sprinkled with love, to create the most delicious, alkaline and nourishing meals.

For over 10 years, Jelena has been a therapist on retreats internationally, working for a famous UK-based naturopath, and is grateful for all the learning and development of self-taught raw food culinary skills. Working on the private retreats for celebrities as a therapist, she also brought her chef skills and recipes to the mastery, being often a chef or chef assistant.





Victoria Amore is a Kundalini Yoga teacher and Sound Healing Practitioner based in London. She supports students all over the globe in reclaiming their essential nature and embodying their natural rhythms through private mentorship, group coaching programs, workshops, ceremonies and retreats.

Victoria has spent 15+years deeply involved in personal development industry and many years professional experience in the yoga and wellness industry.

She draws upon multiple influences to create unique, highly customised experiences for those drawn to work with her.

Georgina Watts is a fully qualified Reiki teacher and Master Practitioner (Level 4, Usui Reiki) verified by the Reiki Council. She is a registered member of the Complementary and Natural Healthcare Council.

Georgina is committed to providing a safe, comfortable and nurturing environment, which allows individuals to recharge their internal batteries, and release unwanted negativity.

She brings a gentle approach and experience to her Reiki treatment, ensuring it is both truly beneficial and equally pleasant. Georgina is also a passionate Nia dance teacher, barefoot and free in movement, to share this passion with others.





# CONTACTS AND LOGISTICS

Located in the rolling countryside of North Hampshire, we are ideally situated close to the A303, A34 and M3. Micheldever Station provides regular rail access to/from London Waterloo, Bournemouth and Portsmouth Harbour.

Distances to/from Roundwood:

- Micheldever station: 3 miles
- Basingstoke & Winchester stations: 13 miles
- Heathrow airport: 40 miles
- Southampton airport: 23 miles



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