

Amanda Denton & Tamara Klien present

# NEW BEGINNINGS

6th - 10th April 2023

## NEW BEGINNINGS

Learn to harness the power of your own mind and effortlessly co-create the destiny you most desire with joy and ease at the upcoming New Beginnings retreat.

Co-created and curated by Amanda Denton and Tamara Klien, featuring an inspiring guest teacher, you'll escape to the stunning Sussex countryside surrounded by breathtaking nature. Here, you'll embark on an eye-opening journey - centered around a holistic wellbeing philosophy to break free from self-imposed limitations and start living the life you've always wanted.

As we come together for the harmonising full moon in Libra, known to open your mind to new vibrations, this is the perfect time to welcome in change over the next year. Taking advantage of its energy, symbolised by the scales, it represents balance, making way for a great deal of inspiration and new life flowing in.

This is the time for completion, illumination and a chance to manifest your deepest desires.





**“Embark with us on a journey of self-discovery, shedding the old and harnessing your own unlimited potential.”**

## RETREAT HOST

### MEET AMANDA

Amanda Denton has been on a varied and colourful journey of healing and self-discovery. It started over 30 years ago when she qualified as an aromatherapist, body worker and subsequently a yoga teacher.

Her trainings include Hatha, Yogasana, Kundalini, and Yin. She teaches yoga as “a breathing, moving meditation, an uninterrupted flow of mindfulness and concentration”. She shares all of her own yoga and healing experiences through her teaching, paying attention to alignment, offering sensitive adjustments, encouraging and supporting the individual, to become self-aware and take responsibility for their actions both on and off of the mat.

An avid and passionate gong player she has more recently turned her attention to sound meditation and somatic movement, seeking a more nurturing and supportive practise, where she creates a safe space for healing and transformation to take place.

[@amandadentonyoga](https://www.instagram.com/amandadentonyoga)

[www.amandadentonyoga.com](http://www.amandadentonyoga.com)





## GUEST PRACTITIONER

### MEET DAVID

David Ramcharran is a Dharma Yoga Teacher and Body Worker who has extensive experience ranging over 8+ years, teaching at some of London's finest Yoga Studios.

He completed his first teacher training at the Sivananda Ashram in Kerala, South India and then travelled to New York where he completed his 500-hour advanced teacher training in dharma yoga with the legendary Sri Dharma Mittra.

David has since completed several trainings in yoga, pranayama and meditation to further develop his practice and improve his knowledge of how the body works. He is also a bodyworker and a certified advanced Thai massage therapist. Most recently he completed additional yin yoga, the elements training and 800 hour dharma yoga training which encompasses very advanced yoga asana, psychic development and yoga nidra.

If inversions is something that you've always felt drawn to (no matter what level you're on) or would like to further develop, then you're in for a treat.

We're incredibly excited to have him on board at this year's New Beginnings retreat!

[@thelostyogaboy](https://www.instagram.com/thelostyogaboy)

[www.thelostyogaboy.com](http://www.thelostyogaboy.com)

## WHAT CAN I EXPECT?

### A FRESH START

All practices are focused on balancing the body, mind and soul with intention to move forward. Using a variety of techniques and tools which directly impact the brain waves, you'll be able to enter different states of consciousness and support natural healing.

### RESTORE

You will be participating in daily yoga sessions to ground the body and guided into deep meditation and gong bath sessions to bring focus to the mind. Aim is to connect you to your innate wisdom and body intelligence. Each session will last between 45 - 90 minutes guided by the expert retreat hosts and guest practitioners.

### RECONNECT

Leaving the familiar lives behind, in an environment that doesn't remind you of who you think you are, is the most powerful way to create permanent change. During this 5-day retreat you are given an opportunity to rediscover yourself in a meaningful and lasting way.

### NOURISH

Designed by local chefs, our predominately plant-based meals feature fresh, local ingredients that promote lightness of body, clarity of mind, and openness of spirit. We can of course cater to any dietary requirements.



## ITINERARY

Your wellbeing is our number one priority and all activities have been curated carefully to care for your body, mind and spirit.

Here's what your time with us could look like:

07:40AM : SILENT MEDITATION

08:00AM : MORNING YOGA

09:30AM : BREAKFAST

11:00AM : YOGA NIDRA COCOON WITH SOUNDSCAPES

13:00PM : LUNCH

15:00PM : INTEGRATION TIME / WALK IN NATURE

19:30PM : DINNER

21:00PM : FULL MOON CEREMONY (for the Pink Full Moon in Gemini)

## LOCATION

The retreat is taking place at Fair Oak Farm, a private estate in Mayfield, which has won numerous awards for its sustainable tourism practices, engaging and benefiting the local community. Mayfield is set in the depths of Sussex countryside, in a protected area of outstanding natural beauty, yet only one hour from London.

Surrounded by breath-taking views of fields stretching to the horizon which make you feel at peace the moment you arrive, it's the perfect retreat venue.





## ENERGETIC EXCHANGE

### LUXURY DOUBLE ROOMS (1 LEFT)

Stay in one of the beautiful, private treehouses, Shepherd Huts or luxury double rooms with ensuite bathroom.

### ENERGETIC EXCHANGE

Single occupancy £1,650 per person  
Double occupancy £1,300 per person

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### SINGLE ROOMS (SOLD OUT)

Private rooms / lodges with a large comfy double bed, ideal for solo travellers (private bathroom).

### ENERGETIC EXCHANGE

Single occupancy £1,450 per person

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### SINGLE ROOMS (1 LEFT)

Private rooms / lodges with a large comfy double bed, ideal for solo travellers (shared bathroom).

### ENERGETIC EXCHANGE

Single occupancy £1,200 per person

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### SHARED ACCOMODATION (2 LEFT)

Twin rooms to be shared with someone else (shared bathroom).

### ENERGETIC EXCHANGE

Double occupancy £900 per person

## WHAT'S INCLUDED

- 4-night stay at Fair Oak Farm
- All meals included
- Snacks and soft drinks available throughout the day to help yourself at your own leisure
- Daily yoga, guided meditations and/or sound meditations (shortened programme on arrival and departure days)
- Access to breathtaking views and hiking trails, immersed in the Sussex countryside (includes three friendly alpacas!)
- Access to cinema and game rooms for a cozy night-in
- Access to infrared sauna

## WHAT'S NOT

- Transport (flights/trains)
- Extra food/drinks whilst out of the house
- Alcohol is not provided on this retreat, as it is contraindicated whilst practicing yoga, meditation and sound baths. Whilst we encourage you to enjoy this time free from phones, laptops and alcohol, you are welcome to do so in your own space and free time.



# CLIENT REVIEWS

**Lucy**



Posted 4 months ago on BookRetreats

A beautiful first yoga retreat surrounded by wonderful human beings (and animals) in the countryside. A supported and safe space to release, let go and set intentions. I came away feeling like I'd been able to make space for new things to come into my life. Incredible meditations, yoga, immersive sound bath experiences and breathwork. Thank you Amanda and Tam.

**Kate**



Posted 4 months ago on BookRetreats

An absolute pleasure and joy to experience retreats with Amanda and Tam. You are really nourished, challenged and cocooned in the most unique and beautiful surroundings curated by them carefully and attuned to the needs of the group. They are deeply knowledgeable, attentive and down right wonderful practitioners and souls. It's a real pleasure and I have been away with them more than once! It's always a yes from me if I can make it.

**Jerry**



Posted 4 months ago on BookRetreats

An amazingly grounding, connecting, healing and transformative time. Also, great fun!

**Olena**



Posted 3 months ago on BookRetreats

Amazing organisation, flowing schedule and so much healing, empowerment and beautiful energy. I cannot express my gratitude enough for Amanda and Tam. Going above and beyond with beautiful presents, guest teachers, lovely chats in addition to the main program that they led beautifully!

**Manon**



Posted 9 months ago on BookRetreats

By far the best retreat I've ever been on... Joining highly acclaimed retreat co-hosts Amanda and Tam, I felt in very safe hands and ready to shift some deeply rooted stagnation I didn't even know was there. It was a rare opportunity to immerse myself fully in person and experience the unique flavours they individually brought to the retreat. It was very well curated, plenty of time to just be between practice. I came out feeling revitalised and can't wait to join soon again!

**George**



Posted 5 months ago on BookRetreats

Having been on a number of retreats over the years. I have to say Amanda & Tams was very hard to beat and I didn't have to worry about foreign travel which was a massive bonus. The set up the Farm in Mayfield (Sussex) was fantastic not too far from the station with the feeling of being in the middle of nowhere. I stayed in the Shepherds Hut which was very comfy with en suite shower and bathroom and private seating outside. Having practice with Amanda for almost 10 years her classes never disappoint and accessible to all levels of practice. Tam & Amanda Gong Duo was the cherry on top. 100% recommended I will be going back.

**HMK**



Posted 4 months ago on BookRetreats

Sowing the Seeds retreat led by Tamara and Amanda was beyond what I expected it would be. Both healing and life changing experience in a beautiful setting surrounded by nature. I met great souls and connected to my true self as I never have before. I would like to thank Tam and Amanda for not only their great organisational skills, their compassion and kindness.

