

AUTUMN Yoga & Sound RETREAT

*Aligning Mind and Body
with Autumn's Rhythms*



**RELAX - CONNECT - REJUVENATE - RESET
THIS IS YOUR TIME**



23-26 OCT 2026
THE ASHA CENTRE, GLOUCESTERSHIRE

Join us at this stunning countryside location for 3 days of Iyengar yoga, sound therapy, meditation, singing, walks, cold dips and so much more to help us align & connect with the changing of the seasons.

Private indoor accommodation, all food & sessions included

Prices start from £475pp
Day attendees £275pp
10% Early bird discount

We also offer payment plans and discounts for anyone on a low income.

WWW.EDANSOUND.CO.UK



AUTUMN RETREAT

Press Pause. Embrace Your Reset.

Connect with Nature's Cycles



23rd-26th October 2026

The ASHA Centre, Gloucestershire, GL17 0EA

Are you feeling the need for more direction, flow and connection?

Feel stuck, fatigued, out of sync?

Want to learn more about how you can use your body to bring wellness into your life with ease and little effort?

Want to explore practices that cultivate inner peace?

Or maybe you just want a few days escape, immersed in healing goodness?!

Come and connect with your highest wisdom through the vibration of sound and energy movement of yoga!

3 nights beautiful escape from Friday to Sunday, hosted by certified & highly experienced teachers Julie Baker and Soesen Edan.

The retreat is designed to focus on you as a whole person. To work on your mind, body and soul.

OUR VENUE THE ASHA CENTRE

The ASHA Centre is an enchanting English estate in the Forest of Dean, with tranquil spaces, stunning gardens and a 5 minute walk from the magical St Anthonys Well.

The centre has a number of tranquil spaces and stunning grounds. Accommodation is made up of 6 large ensuite bedrooms shared between 2 and 6 people. The Peace Pavillion is where a lot of our activity will take place and is a magical and inspiring space.

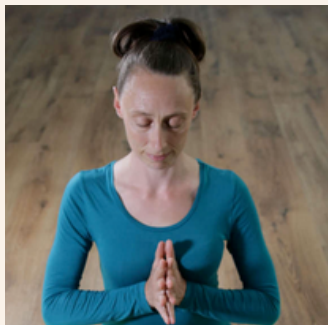
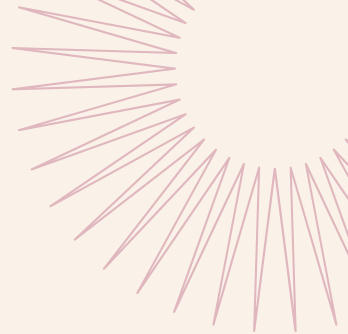


The charity works to inspire and connect people through integrating interfaith, land and arts-based activities, in an educational environment of uplifting natural beauty.

“Asha” means hope: Individuals address the challenges of today, connecting deeply with nature, community and themselves. The ASHA Centre is a place of purpose and a refuge from hopelessness.



MEET OUR TEAM



Julie Baker

Iyengar Yoga Teacher

www.juliebaker.yoga

Julie is a certified Level 3 teacher in the Iyengar Yoga system, with over 25 years of practice and experience. Having trained extensively in the UK and India, she is passionate about using yoga to help heal the body and mind.



Soesen Edan

Sound Therapist

www.edansound.co.uk

Soesen is a qualified Sound Therapist and has been working with music and sound for over 25 years; as a musician, DJ, radio host, promotor, festival producer, natural voice leader and sound therapy practitioner.



Henry Joy

Meditation & Chef

Henry is a Buddhist, vegan chef and mindfulness practitioner. He practices meditation daily and loves great food!

OUR WEEKEND OFFERINGS

- 3 nights stay at The ASHA Centre in beautiful indoor accommodation, bedding and towels provided.
- All your meals from Friday evening to Sunday evening. Delicious, hearty & healthy.
- All activities, workshops and sessions.
- Highly beneficial, tailored to suit, Iyengar yoga sessions.
- Highly therapeutic sound therapy sessions and workshops.
- Singing, voice work, therapeutic drumming workshop, meditation, intention setting and ceremony.
- Optional cold dip in an ancient and magical woodland pool.
- Excellent facilities on a stunning country estate in some of the most beautiful countryside.
- Increased body awareness.
- Stress relief and deep relaxation.
- Reduced muscle tension.
- Reduced strain and inflammation.
- Sharpened attention and concentration.
- Centred nervous system.
- Lower blood pressure & heart rate.
- A true escape from everyday life.
- Time to completely unwind, explore and connect to nature.
- Evening fire and meeting of like minds and friendships formed.
- Clarity, balance and restorative calm to your life.



No experience is required but some basic yoga experience will be helpful. You will need to bring your own yoga mat, all other equipment will be provided.

The retreat will run from the afternoon of Friday 23rd October to the morning of Monday 26th October 2026.

PRICING

Prices cover accommodation, all meals & all activities and workshops.

All retreat places come with indoor, ensuite accommodation with bedding and towels provided.

Our retreat accommodation is spread over 6 large ensuite bedrooms shared between 2 and 6 people. These rooms are in separate cottages, beds are split between downstairs and mezzanine levels so offer privacy even when sharing.

Rooms are limited and will be offered on a first come first served basis.

- Shared room with 3-6 individuals - £475pp
- Shared room with 2 people £500pp
- Private room for 1 individual £575pp
- Day tripper (without accommodation but includes all meals and activities) - £275pp

- 10 % early bird discount if booked & paid for before 1st May 2026
- We offer payment plans and a discounted price for anyone on a low income.



For more information or to book your place, you can contact either of us:
Julie Baker - jbyoga@gmail.com
Soesen Edan - mail@edansound.co.uk