



BOOTCAMP AND BEND
A WEEKEND WELLNESS RETREAT
WITH &SISTER



Friday 6th October - Sunday 8th October 2017

Poundon House, Oxfordshire

&Sister have teamed up with two of London's most up-and-coming fitness superstars: Brit Williams (Fit Brit Collective) and Sophie Dear for an outstanding &Sister collaborative wellness weekend.



If you have any questions regarding our upcoming yoga retreats, please do email

natalie@poundonhouse.com or aliciaroscoe@gmail.com, or

Call us: Natalie on 07866453831 / Alicia 07977235672

Bootcamp and Bend Weekender

Brit Williams and Sophie Dear, London's dynamic fusion fitness duo, bring their concept of combining high-intensity fitness and flowing yoga to Poundon House. After many sold out day events in London, this collaboration with &Sister will be curated and crafted into an unforgettable and unique weekend.

Bootcamp and Bend will combine fitness with yoga, delicious wholesome nourishment with creative activities, beautiful countryside walks with steaming cups of chai and chats by the fire and much more! Join us to delve within, dig deep for the challenging classes with Brit, explore your asana practice with Sophie, create abundant radiant energy and feel AMAZING!

The retreat will take place in the luxurious and beautiful setting of Poundon House, Oxfordshire with its six-acre garden and surrounding land to explore. Guided by our gifted teachers and experienced retreat leaders, this wellness weekend will be peaceful and deep yet energetic and joyous. Retreating with us will leave you with a new perspective on life and propel you onwards to your next steps with a positive attitude.



The dates

The retreat takes place over three days and two nights, from 11am on Friday 6th October to 3m Sunday 8th October.

The cost

The cost of the three-day and two-night retreat is £455pp for a twin room and £595 for a double bedroom solo occupancy. This includes the whole retreat package: accommodation; daily classes with Brit and Sophie; food and activities. The only add-ons are the wonderful treatments we offer.

Your retreat location

Poundon House is the ideal location for a wellness retreat. The Queen Anne-style country house is stunning and spacious, set within six acres of landscaped gardens on the edge of the Oxfordshire-Buckinghamshire border, just a one-hour drive or 45 minutes by train from west London.



Once you arrive at Poundon you will feel immediately at home. Whether settling down in front of a roaring open fire, taking a long bath in one of the unique bathrooms, going for a quiet walk in the apple orchard or cart-wheeling around the garden, for over a century Poundon has been the perfect place to escape the bustle of city life and be at one with the countryside. Despite the peace and tranquillity of

Poundon House and the surrounding countryside, we are within easy reach of London, Oxford, Milton Keynes, Birmingham, the Cotswolds and Bristol, with fantastic transport links to all of these places.

Poundon House - your second-home sanctuary

Poundon House was built in 1908, in the Edwardian era, and was designed for sumptuous entertaining. Downstairs there are three large reception rooms and a library. One of the large reception rooms is converted into a sacred yoga shala for the weekend. The second and third floors feature ten guest bedrooms; all are spacious double (or twin) bedrooms. Keeping true to the original design, the bedrooms are luxurious and large without en-suite bathrooms. There are five beautiful bathrooms shared between the bedrooms. We provide towels, white-towelling dressing gowns and natural products in the bathrooms.



The shala is carefully curated by &Sister and our collaborators, we have beautiful Manuka eco-mats, natural blocks, bolsters and Himalayan woollen blankets to keep you cosy during meditation and restorative practices. The sacred alter is an important part of our retreats, created with love and reflecting the theme. We also invite guests to bring anything precious to place on the alter for the duration of the retreat.

More about Brit

Brit Williams is a fitness journalist-turned-personal trainer and self-improvement warrior. Her brand, Fit Brit Collective, is known as SW London's fiercest and friendliest fitness community, with a number of weekly classes and bootcamps designed to challenge and inspire you on multiple levels, all while having a lot of fun and training with a committed, motivating crew. Brit continues to write and provide expert advice for the UK's leading lifestyle publications. Brit specialises in women's fitness, including weightlifting, body & lifestyle transformation and pre- and post-natal exercise.

"To create meaningful connections through exercise, fostering engagement between mind and body, fitness goals and greater life goals, and between like-minded people with a desire to push and expand their personal possibilities."

Brit Williams' mission statement



More about Sophie

Sophie took a big leap of faith when she left a successful career in TV, where she had worked for 8 years to pursue a life and career in health and fitness. Sophie is a qualified personal trainer, yoga and Pilates instructor but her real passion is helping people feel energised, healthy, mindful and happy about their bodies and their lives through yoga. Since the transition into the world of wellbeing Sophie has been teaching private and group classes all over west London, including at Vida Studios and Phiit in Fulham, Heartcore in Notting Hill as well as workshops, early morning rooftop yoga, yoga brunches and dinners.



"I couldn't recommend, or thank, Sophie enough for properly introducing me to yoga. She supports and guides you through each pose and always gives encouragement when needed"
Anoushka, lawyer

Bootcamp and Bend - strengthen, lengthen and relax

Bootcamp and Bend is a fusion of fitness with bodyweight bootcamp and yoga! Brit will be leading her signature Fit Brit Collective bootcamp sessions. These will include weight-based circuits, bodyweight

strength and conditioning, cardio intervals and dynamic partner challenges. Then you will lengthen the muscles you've strengthened with Sophie in the beautiful Poundon House shala.

There will be dynamic morning sessions to energise your physical body, afternoon restorative practices including partner exercise to nourish your soul and make lasting connections. You will be replenished with delectable healthy food, go deeper with meditation, achieve balance with pranayama, refresh with long country walks and absorb the energy and motivation of training with supportive, like-minded people.

As well as a lot of time on the mat, out in the fields or in the shala with Sophie and Brit, there will be partner activities, journaling, goal-setting, barefoot walks in the garden, star gazing, hot baths to relax in, massages and treatments to release tension.

This carefully crafted long weekend will nourish your soul and guide you lovingly on to the next stage and into autumn with an open mind and strong heart. Retreating with us is unique and your experience will remain etched in your memories forever. At &Sister we believe that, as well as the joys of the weekend, a retreat with us is a step on a path of discovery towards long-lasting connection and contentment with the deeper part of yourself.



Retreat Food - *we are what we eat*

We want you to relish and enjoy the food, especially after a yoga practice or a long country walk. We also want it to be nutritionally sound and match the aim of enhancing how you feel by the end of the weekend. The food will include healthy, clean vegetarian meals prepared by one of our experienced retreat chefs. There will be fresh smoothies or juices to get your day off to a healthy start and fuel you for your energetic morning practice. There will be a big hearty healthy breakfast or brunch, a light lunch or afternoon snack in the early afternoon and then a lovely candle-lit two-course dinner in the Yellow Room in the evenings. Healthy snacks will appear just when you need them, as if by magic!



Refreshing re-hydration - welcome to our Brew Bar

Poundon House provides one bottle of mineral water per person in the bedrooms. There is also plenty of fresh filtered water at various water / tea stations throughout the house. This is not only more eco-friendly but our filtered tap water is perfectly delicious! The kettles will always be on at Poundon because we love tea! You can expect a continuous delicious stream of herbal and fresh teas provided throughout the retreat.



Poundon House - historic yet homely

Poundon House was and continues to be a family home; it has also been an event venue for 10 years and manages to combine luxury and efficiency with many homely touches,. The house is light and full of the love and energy of those who have spent time with us.

“What can I say about the house, it is the most beautiful home, full of positive energy, warmth and a family who obviously love and cherish it. Everything was so carefully done and thought through and the little touches, just beautiful and giving. Thank you, it really was a very special experience!” Russell

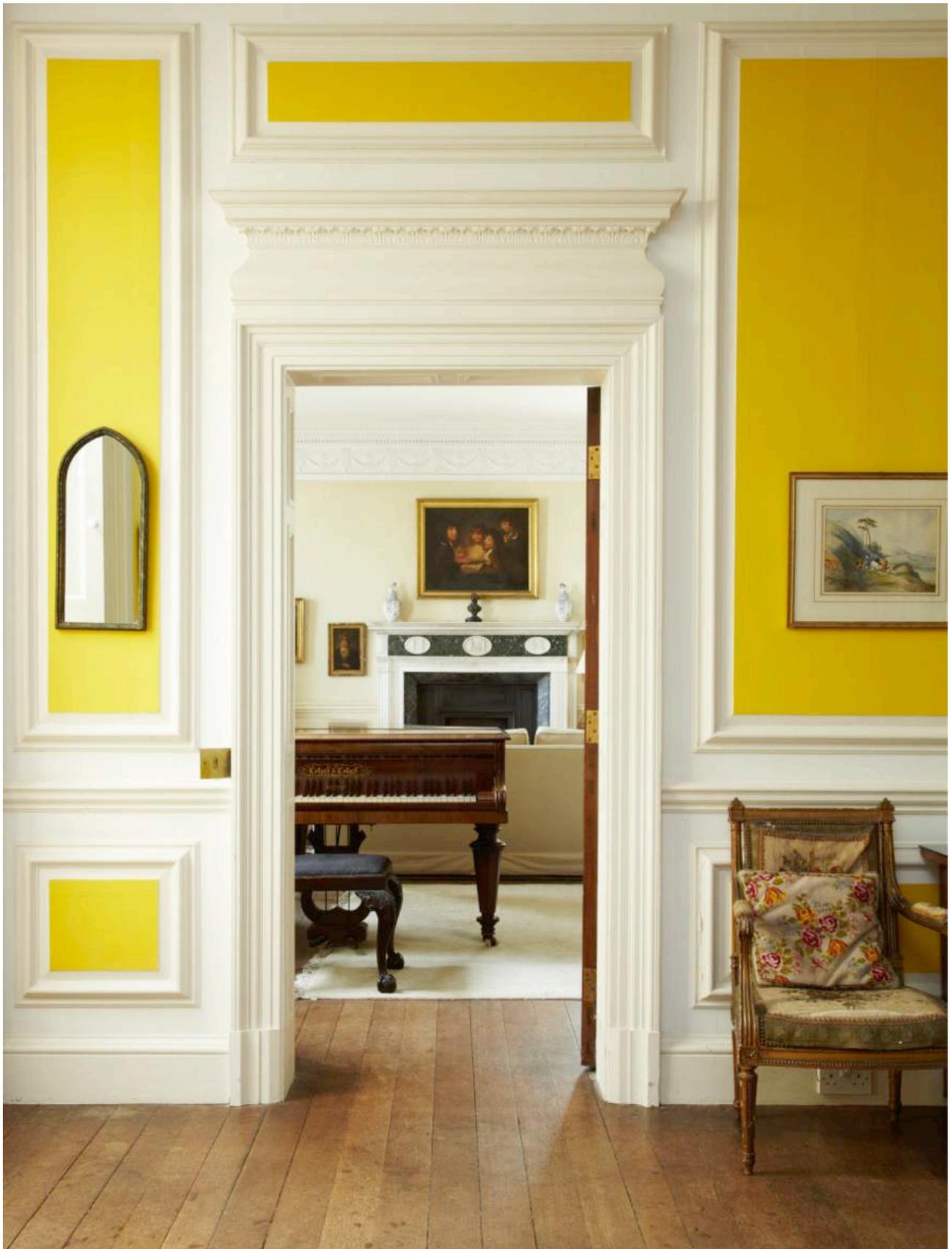


The house retains a very family atmosphere, with the Roscoes still in residence



& SISTER

YOGA RETREATS





The bedrooms at Poundon are all spacious, with shared bathrooms.



Plenty of interesting and relevant reading materials in the Library at Poundon House



The French Room



The Romantic Room



The view from the south-facing bedrooms at Poundon House



The Blue China Bathroom





In front of the open fires in the reception room is a lovely place to relax as evening sets in



The communal drawing room with a roaring open fire



A fire-bowl ceremony at Poundon House



The Poundon House kitchen - the heart of the house

You are always welcome in the Poundon House kitchen! The kitchen is the heart of the home; many a problem can be solved while putting the kettle on or warming yourself by the Aga. On your retreat, breakfast / brunch will take place in the kitchen and dinners in the Yellow Room - one of the large downstairs reception rooms.



The founders of &Sister - Natalie and Alicia Roscoe

Poundon House has been owned and loved by the Roscoe family for 40 years. Sisters Natalie and Alicia grew up at here and now both work for the family events business.

As a family and a business we have hosted many events over the years, from sprawling house parties to 300-strong fusion weddings! Our aim is to share the experience of being in a beautiful country house for the weekend: away from the city; surrounded by nature; immersing yourself in yoga and fitness; the retreat programmed for you; delicious nourishing food; and the enhancement of your own wellbeing.



Wild Spring 2016 – Alicia with BeauBeau, who often joins for the walks

Natalie and Alicia set up the retreat side of Poundon House in August 2015. Older sister Natalie works in events and marketing and Alicia is a yoga-lover and a trained yoga teacher:

“There is nothing that gives me more happiness than creating and curating a retreat at my family home. I know how great guests will feel by the end of the weekend: inspired, uplifted, relaxed, rejuvenated. I have experienced it myself after yoga retreats and now want to share that experience with our guests.” Alicia

The aim of &SISTER is to collaborate with inspirational yoga and wellness teachers, chefs with a passion for delicious and healthy food and experienced therapists. Alongside these experts we want to provide not just an escape from the hectic hullabaloo of daily life, but also the chance to return to that life with a renewed vigour and sense of calm and control. Poundon House becomes a sanctuary, a home from home, a safe place to retreat to once, twice or, in some of our guests’ cases, many times a year!

As well as on-site wellbeing gurus, you can also expect hands-on hosting. As well as your instructors, there will be an experienced &SISTER host on site to support you and make sure your stay is blissful. Please feel free to ask us any questions in the lead up and during the weekend. We are more than happy to help with anything: nothing is too big or too small.

Costs for retreat:

- £455pp for a space in a twin room or two sharing a double bedroom; or
- £595 for solo occupancy in your own double room

What's included?

- a retreat spanning three-days and two-nights at luxurious private venue Poundon House, set in its beautiful six-acre garden in Oxfordshire;
- daily yoga practices and fitness sessions, opening and closing ceremonies and bespoke Bootcamp and Bend retreat designed and led by experienced instructors Brit Williams and Sophie Dear;
- healthy and nourishing vegetarian food and snacks by our experienced retreat chef;
- opportunity to book treatments with one of our experienced and professional therapists;
- led country walks on Saturday;
- healthy goody bags bursting with new ideas and goodness;
- support from Brit, Sophie, your host Alicia and the Poundon House team; and, best of all...
- peace, quiet, internal exploration, fresh air, connections and lots of giggles with like-minded people.

Treatments - *relax and release*

We offer a wide range of treatments with highly recommended practitioners. Please do look at our treatment list and let us know in advance, which treatments you would like to book. Prices start at £35 for 30 minutes.

Screen-time / Wifi - *time to de-tech*

While we believe that how you spend time on the retreat is your decision, we'd like to encourage you to take a break from your phones and screens during the weekend. This will support the unwinding process and allow your body and mind to relax and restore more deeply. Wifi is available in the house between 11am - 10pm each day. If you feel that you need a break from your phones, we are happy to look after them if you wish.

What to bring - *time to get fresh air (and then get cosy!)*

Poundon House will be heated for the duration of your stay, however, please note that as a large country house without the latest central heating it is wise to bring a warm jumper, just in case. You do not need to bring your yoga mat (but of course you can if you wish). We have blocks and belts and bolsters but you are welcome to bring your own equipment. We advise at least four outfits of comfortable sports clothes for the fitness and yoga classes; warm socks or slippers are a good idea too. There will be the opportunity to go for a country walk each day so an outdoor jacket, waterproofs and walking boots / wellies are

advisable. We have a library full of books but please do bring that book you have been meaning to read. Last but not least, a refillable water bottle and a keep cup come in handy too!

Getting to Poundon House

Poundon House, Poundon, Nr Bicester, Oxon, OX27 9BB

Nearest train station: Bicester North or Bicester Village (8 miles / 15 minutes). A taxi with Alpha cars (01869 24 24 24) will cost approx. £12.

If you are getting the train please let us know your arrival time so that we can help arrange a taxi share

Driving

From London take junction 9 off the M40. At the roundabout above the motorway, head towards Bicester on the A41. At the Esso petrol station roundabout, turn right. You are now on the Bicester bypass.

At the next roundabout, take the second left towards Launton. Follow signs to Launton. In Launton, at the crossroads, turn left opposite The Bull Inn, this should be marked Poundon.

Leave the village, going over a railway track about a mile out, and then go straight over the next cross roads. About 3 miles from there, after going up a steep hill and past a couple of farm entrances, we are on your right with black gates and a lime tree avenue.

From Oxford, take the Oxford ring-road / A34 towards Bicester. At the M40 roundabout above the motorway, head towards Bicester on the A41. At the Esso petrol station roundabout, turn right. You are now on the Bicester bypass – follow instructions from the above paragraph.

We look forward to retreating with you!

A big thank you from the sisters to Martin Price www.martinpricephotography.com for the images taken at Poundon House. We would also like to thank our partners and goody bag collaborators: Sweaty Betty, Manuka Life Yoga, Organic Surge, Root & Flower, Neom, Om Bar and Neat & Healthy.

SCHEDULE

The schedule is subject to minor alterations so please check the schedule in your room on arrival

Friday 6th

12-1pm Check-in; tea on arrival; meet the hosts;

1-145pm Dynamic yoga with Sophie

2pm Lunch

3pm Hike around the grounds; welcome ceremony

4pm Social Bootcamp with Brit

5-8pm Free time; treatments; relax in drawing room, read in library, hot bath, snooze, tea & light snacks
available

8pm Dinner

9pm After dinner activity, workshop or fireside talks

Saturday 7th

8am Tea/smoothies/healthy snacks

8.30am Training in nature with Brit

9.30am Brunch

11-1pm Small group focus sessions / treatments

1pm Optional led country-side walk

2pm Lunch

3-6pm Free time / treatments

6pm Dynamic yoga + yoga Nidra

8pm Dinner

9pm Relax after dinner; fireside talks

Sunday 8th

8am Light breakfast

915-1045am Bootcamp & Bend: Bodyweight bootcamp with Brit & Slow flow yoga with Sophie

11am Brunch

1pm Departure