



CULTIVATING  
RESILIENCE

*A TRANSFORMATIONAL  
RETREAT TO STRENGTHEN  
MIND, BODY & SPIRIT*

—  
*Sunday 22nd June to  
Wednesday 25th June 2025*

EYNHAM BATHS X





# CULTIVATING RESILIENCE

*A TRANSFORMATIONAL RETREAT  
TO STRENGTHEN MIND, BODY & SPIRIT*

With the world changing at a pace like never before, we're all susceptible to being swept away in the chaos, finding ourselves accepting a heavy load in both mind and body without even realising. At this time, it's more important than ever before to build our resilience, finding ways from within to maintain our mental, physical and spiritual wellbeing. This first-of-its-kind retreat

will adopt a holistic approach throughout, with the wellness experts and practitioners from Kamalaya travelling to Eynsham Baths to curate an entirely bespoke programme of classes, treatments and rituals.





## EYNESHAM BATHS

---

To the west side of the 85-acre Estelle Manor estate in the heart of the Oxfordshire countryside, Eynsham Baths is a place of ritual and indulgence. The Roman-inspired bathhouse encompasses serenity, conceived as a labyrinth of intimate and social spaces including a vast bathing hall with carved marble details and The Shala; a 220 sq m holistic studio flooded with natural light. Ancient rituals, informed by the world's oldest philosophies of health and longevity, take place behind the doors of the treatment rooms, offering bespoke healing for the skin, psyche, and soul. In this time that celebrates busyness above all else, Eynsham Baths is a subversion; a place where the gentle wisdom of water can wear away the tension of modern life.

## KAMALAYA

---

Translating as 'Lotus Realm' in the ancient language of Sanskrit, Kamalaya is a multi-award-winning wellness sanctuary and holistic spa situated within the tropical landscape of Koh Samui. Symbolising the unfolding of the human spirit, Kamalaya is globally renowned for their holistic health solutions to anxiety, stress and the many challenges people are faced with in an ever-changing world. Their unique approach to wellness combines ancient Eastern healing rituals with modern Western research, to help people achieve truly life changing results in both their mind and body.



YOUR  
RETREAT OVERVIEW

Included in the Cultivating Resilience Retreat:

---

ACCOMMODATION

*at Estelle Manor for three nights*

---

SPECIALLY PREPARED MENUS

*for every meal from arrival until check out including  
morning tea, breakfast, lunch and dinner*

---

TWO 90 MINUTE TREATMENTS

*Kamalaya's Three Treasures  
and Eynsham Baths' Warrior Massage*

---

ALL WORKSHOPS AND CLASSES

*as listed in the day-by-day overview*

---

EYNSHAM BATHS' THERMAL JOURNEY

*Complimentary access throughout the retreat*

---

TURN DOWN GIFTS

*bespoke gifts from each property, awaiting  
your return to your room each evening*

---

EXTEND YOUR STAY

To truly make the most of Estelle Manor's rural retreat, guests are welcome to extend their stay for an extra night or two, either arriving sooner and/or departing later. Please enquire for availability upon booking.

## DAY ONE

*Arrive at Estelle Manor for the beginning of your transformative retreat. Discover your home-from-home for your stay in the midst of the beautiful Oxfordshire countryside, before your first afternoon at Eynsham Baths with your hosts.*

### AFTERNOON TEA

---

Enjoy a light tea overlooking the spectacular mezzanine tepidarium hall of Eynsham Baths. Meet your hosts for the retreat including the experts from Kamalaya, as well as your fellow guests.

### CHAKRA MEDITATION

---

A transformative meditation from Kamalaya focusing on the body's subtle energy centres, known as chakras. This practice will enhance the flow of energy, fostering emotional balance, healing and a heightened awareness from within. By opening and harmonising the chakras, expect to experience a deeper alignment and an enhanced sense of well being.

### CHANTING WITH KELI WOODS

---

Led by the former monk, Keli will be drawing on his experience and a diverse range of influences such as Vedic kirtan, to lead a soulful composition of chanting. With thought-provoking lyrics encouraging us to ask the most meaningful questions, his warm and expressive music is an enchanting reminder that music can be so much more than a mere escape... expect a transformative force that touches the very core of your being.

### DINNER AT ESTELLE MANOR

---

Dine on a menu filled with fresh, seasonal produce for a restorative evening before heading to bed.

*Schedule is subject to change*





## DAY TWO

*The first full day of the retreat will begin in the midst of nature, supporting you in managing anxieties with a mindful meditation. The day will continue with a restorative yoga practice, Kamalaya's bespoke workshop and a healing treatment. Enjoy nourishing dishes throughout the day, before ending with a convivial dinner in The Brasserie.*

### WALKING MEDITATION

---

Experience the healing power of nature through a grounding walking meditation. This practice will combine mindful walking with grounding techniques, one step at a time to connect with the earth's energy. Experience the rhythm of your steps alongside the serene surroundings restore harmony to your mind and body.

### YOGA LED BY SUYASH SINGH

---

With a deep-rooted mission to inspire positive change, Suyash will be leading a spiritual practice, showcasing the transformative power of yoga. Suyash's journey has encompassed a diverse range of experiences, from a corporate career in technology to his profound immersion in yoga and spirituality. As a disciple of renowned spiritual leaders and having completed his first 12-year phase of monkhood in 2015, he has dedicated his life to sharing ancient wisdom and transforming the lives of individuals and communities worldwide.

### KAMALAYA'S MENTOR WORKSHOP WITH SUJAY SESHADRI

---

Discover the practical tools to cultivate resilience in the face of life's uncertainties – navigate anxiety, adapt to rapid change and restore balance to your body and mind. With the guidance of Life Enhancement Mentor, Sujay Seshadri, we'll explore the brain's natural responses to fear and stress, delving into the origins of anxiety and its physical and psychological manifestations. Sujay will bring greater awareness and enrichment from his time as a monk, sharing his insights into the intricacies of the human mind through grounding exercises, visualisation and affirmations, practicing techniques to regain your calm and confidence during the most challenging moments.

### TREATMENT OF THE DAY

---

The first of your included 90 minute treatments from Eynsham Baths and Kamalaya.

### DINNER AT ESTELLE MANOR

---

With south-facing views over the grounds and hand-painted motifs adorning the walls, Estelle Manor's lively Brasserie will serve a convivial supper.

*Schedule is subject to change*

## DAY THREE

*Commencing with an ancient practice in breath control; Pranayama, building on your daily intention to support a mindful lifestyle. The second workshop of the retreat will take place, this time exploring Ayurvedic wisdom on a journey of empowerment, as well as your second treatment. A delicious menu will be served from The Tea Lounge throughout the day, with supper served alfresco within the grounds of Estelle Manor overlooking the Oxfordshire countryside.*

---

### PRANAYAMA

---

The ancient art of breath control, set your intentions for the day by balancing the body's energy flow and enhancing mental clarity. Through guided breathing techniques, this practice will calm the mind and reduce stress; a powerful tool to deepen self-awareness and support a healthier, more mindful lifestyle.

---

### YOGA LED BY SUYASH SINGH

---

With a deep-rooted mission to inspire positive change, Suyash will lead another spiritual practice, sharing the transformative power of yoga.

---

### AYURVEDIC WORKSHOP AYURVEDIC WISDOM FOR INNER BALANCE

---

A transformative workshop designed to immerse guests in the ancient wisdom of Ayurveda — an age-old science of life and health that emphasises harmony between the mind, body and spirit. This enriching experience will guide guests through the key Ayurvedic principles and hands-on practices to empower you to take charge of your holistic wellness. The workshop will also explore a number of recipes and teas crafted to strengthen your resilience and understand your personal Ayurvedic body type.

---

### TREATMENT OF THE DAY

---

The second of your included 90 minute treatments from Eynsham Baths and Kamalaya.

---

### DINNER AT ESTELLE MANOR

---

Dine alfresco on Estelle Manor's South Lawn, taking in the spectacular views looking back over the Grade II-listed Manor House.

*Schedule is subject to change*





## DAY FOUR

*The final day of the retreat will by no means be the end of your journey to resilience. With the mindful practices and teachings learnt, you'll leave with a new skillset to handle future anxieties, tensions and challenges. Following a Vipassana Meditation and Chanting with Keli Woods, we'll be saying goodbye in The Tea Lounge ahead of check out.*

---

### VIPASSANA MEDITATION

An “insight meditation”, Vipassana is a profound practice for cultivating self-awareness and inner peace. By observing your thoughts and sensations without judgment, this practice develops mindfulness and fosters a deeper understanding of yourself and the world around you. It is a journey toward clarity, equanimity and spiritual growth.

---

### CHANTING WITH KELI WOODS

As our retreat draws to a close, we'll finish with a final chanting session to reconnect with ourselves, setting another reminder on how music can bring us back to the most important lessons we have learnt in finding our way to resilience.

---

### A FAREWELL TEA

As we say goodbye to this very special experience, we'll depart with meaningful connections, enchanting memories and most importantly, the tools to cultivate resilience day after day.

*Schedule is subject to change*





*SPECIALLY*  
**CURATED**  
**TREATMENTS**

Included in the retreat are two 90 minute treatments, specially designed by the experts from Kamalaya and Eynsham Baths to support your journey in cultivating resilience.

**KAMALAYA**  
**SIGNATURE TREATMENT**  
*THREE TREASURES*

---

According to ancient Taoist theory, the body has three main energy centres; the 'Three Dantian', also known as 'Three Treasures', where our life force or vital energy 'Qi' is gathered, stored and distributed throughout the entire body. This treatment combines healing methods selected for their ability to activate, harmonise and balance the 'Three Treasures' in order to restore the flow of vital energy for healing and revitalisation. These include techniques from Tui Na massage, Reiki and crystal healing as well as aromatherapy using Kamalaya's bespoke 'Three Treasures' oil blends created specifically for this treatment. As well as supporting the individual function of each energy centre, it promotes an enhanced balance and harmony of the mind, body, emotions and spirit and creates an overall feeling of peace and integral alignment.

**EYNSHAM**  
**BATHS TREATMENT**  
*WARRIOR MASSAGE*

---

When pain is felt, in place of ignoring tensions, we can learn to breathe into it. This treatment targets muscular holding patterns through a broad range of deep massage techniques, assisted stretching and joint mobilization. Expertly and intuitively tailored, this treatment is designed to dissolve stiffness, chronic discomfort, regenerate tissues and realign the central nervous system. Our signature liniment, a blend of cold-pressed potent raw extracts enriched with Amanita muscaria is applied topically, offering added relief for targeted pain management.

EYNHAM BATHS

# THERMAL JOURNEY

*With the MAJORITY OF OUR TIME spent in Estelle Manor's Roman-inspired bathhouse throughout the retreat, the doors will be OPEN FOR YOU to experience the SIGNATURE THERMAL JOURNEY throughout your stay, between the hours of 9am and 8.30pm. Moving guests between SIX different thermal areas, from a FRIGIDARIUM TO CALDARIUM, Tepidarium to Hay Sauna, stimulating the body's IMMUNE SYSTEM and metabolic rate, while soothing the nervous system. The journey draws upon the CLINICAL RESEARCH from Dr. Huberman and Dr. Søberg on thermodynamics and the PROVEN BENEFITS of cold water and contrast therapy - depending on your state of need, there are TWO CIRCUITS designed to either ENERGISE AND INVIGORATE or calm and de-stress.*



## ADDITIONAL TREATMENTS

KAMALAYA *and* EYNSHAM BATHS  
*have curated a BESPOKE MENU of*  
*treatments, TAILORED to support the*  
*purpose of this retreat, to be enjoyed*  
IN ADDITION *to the programme*  
*of scheduled sessions. Choose a*  
TREATMENT *from the FOLLOWING*  
MENU *to experience during the retreat*  
or EXTEND *your stay.*



# FROM KAMALAYA

## PERSONAL MENTORING

---

60 MINUTES  
GBP 190

Personal mentoring sessions create a holistic healing experience that affect the physical body, bringing balance to the emotional and spiritual realms. These sessions focus on helping you become free of conflicting and repetitive responses, rediscover your core strengths and values, establish greater love and connection in relationships, heal past emotions and discover a wonderful new way to get the best from life. Your Personal Mentor will take you through a process of healing using profound insights, powerful practices and ancient techniques of divine energy transfer.

## MEDITATION

---

60 MINUTES  
GBP 190

Meditation restores a state of balance and peace, leading us to greater levels of physical, mental, emotional and spiritual wellbeing. Learn tailored meditation techniques to suit your needs, goals and level of experience. With regular practice you will experience profound shifts and enhanced feelings of peace and happiness.

## INDIAN HEAD MASSAGE

---

60 MINUTES  
GBP 190

Based on the ancient healing system of Ayurveda, this treatment relieves tension and blockages from your shoulders, neck, back and scalp. Using deep thumb and finger pressure, you will experience improved circulation to the head, the release of emotional and physical tension and an enhanced state of relaxation and mental clarity.

# FROM KAMALAYA

## TRADITIONAL THAI MASSAGE

---

60 MINUTES  
GBP 190

Thai massage is based on the discovery of ten invisible energy lines called Sen, which run along the body. Your journey begins with a masterful combination of Thai stretching techniques and deep tissue pressure point massage. This stimulates the blood flow, releases toxins and allows the body to naturally heal itself and restore suppleness.

## LYMPHATIC DRAINAGE THERAPY

---

90 MINUTES  
GBP 260

This detoxifying treatment uses gentle rhythmic strokes and soft pumping movements to encourage the movement of lymphatic fluid. The lymphatic system acts as a transportation network for the immune system and as a filter for harmful toxins. By encouraging the movement of lymphatic fluid to localised lymph nodes, your body is supported in efficiently eliminating waste products.

Lymphatic drainage may be particularly beneficial in addressing water retention, detoxification, weight loss, calming the nervous system and restoring sleep.





# FROM EYNESHAM BATHS

## CHI NEI TSANG

---

60 MINUTES  
GBP 190

Poor 'emotional digestion' is one of the main reasons for ill health. Translated as 'working the energy of the internal organs', Chi Nei Tsang is remarkably effective for individuals experiencing lethargy or seeking emotional processing. This complex treatment, which uses our signature smoked balm enriched with Castor Oil, Shea Butter and Calendula, also aids in alleviating bloating and improving overall digestive health. We encourage all, regardless of their treatment, to massage their stomach for 5 minutes before bed, offering a daily emotional release. For your comfort and to fully benefit from the treatment, please arrive on an empty stomach or with only a light meal eaten at least 2 hours prior to your massage.

## TIBETAN KU NYE

---

90 MINUTES  
GBP 260

Tibetan Ku Nye offers a revitalizing experience rooted in ancient Tibetan healing traditions. It comprises an invigorating full-body massage meticulously following the energy lines, awakening the system and fostering a harmonised flow of energy. Through the expert integration of stretching and acupressure techniques, the significance of meridian lines is emphasised, serving as a transformative ritual that not only revitalises but also aligns the body's energy.

## HAMMAM

---

50 MINUTES  
GBP 190

Performed on our warm, marble navel table, this Hammam ritual offers body exfoliation, personalised plant blends and mineral rich mud application. Tailored for skin health, nourishment and recovery, this rejuvenating experience ends with a body pour of invigorating Eucalyptus, leaving you feeling energetically renewed.

# FROM EYNESHAM BATHS

## EYNESHAM BATHS FACIAL

---

60/90 MINUTES  
GBP 190/260

Indulge in our exquisite facial, a treatment that synergistically redefines contours and releases tension locked in your jaw, restoring a healthy appearance while enhancing skin rejuvenation. Through the use of herbal elixirs and sculpting strokes, this treatment works to release facial tension, nurture muscle tone, enhance circulation and reveal an immediate glow.

The enhanced 90-minute treatment incorporates intricate nerve point therapy on the trigeminal nerve - the largest nerve in our face. This, along with a fusion of myofascial release, cranial holds, and the gentle touch of a Kansa wand, redefines contours and enhances the overall health of your skin.

## ANANDA FACIAL

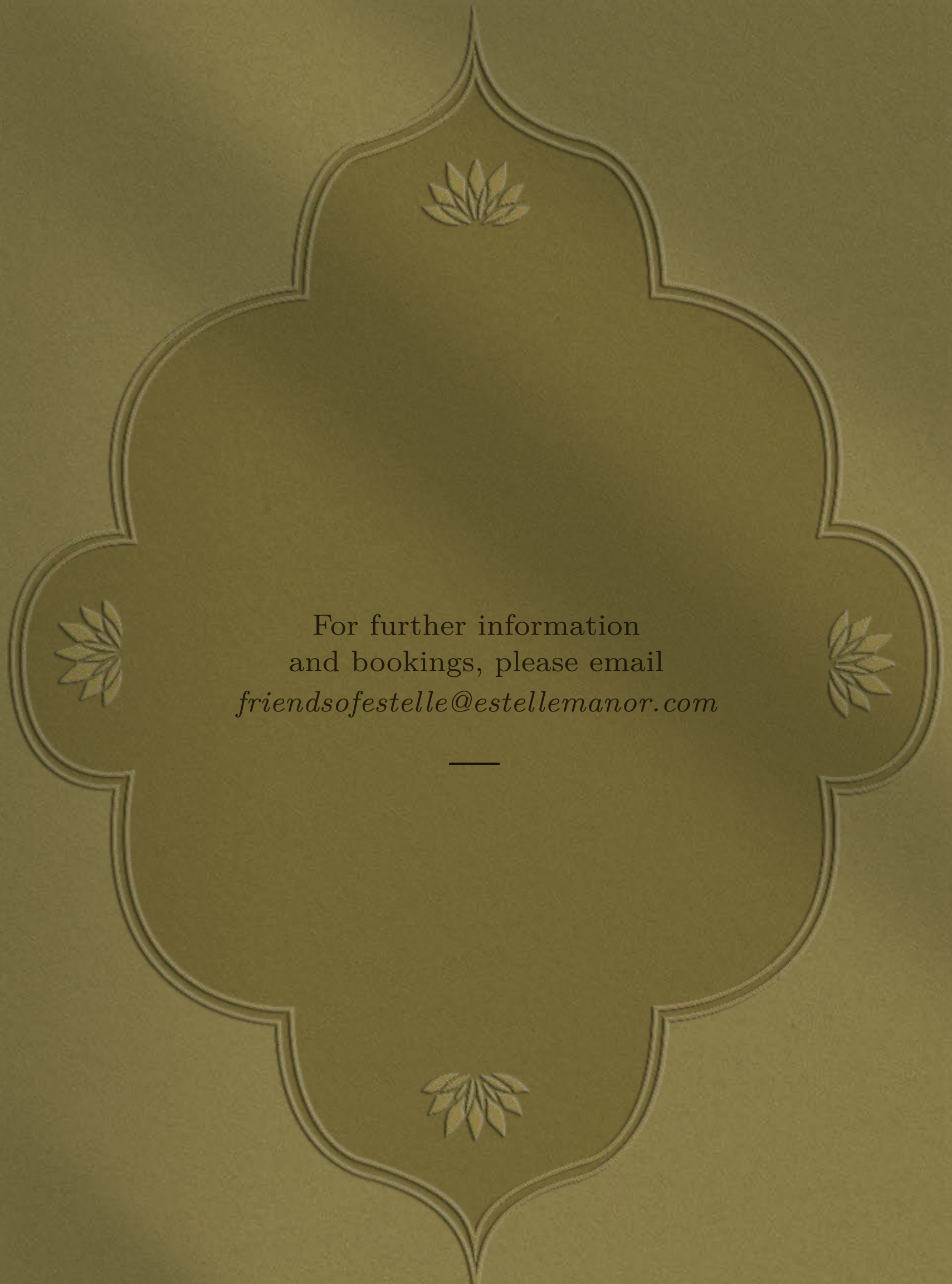
---

60 MINUTES  
GBP 190

Ananda in Sanskrit means 'pure bliss'. This divinely healing facial delicately weaves the ancient art of Marma point therapy and gentle lymphatic drainage to detoxify the skin and encourage a clearer, glowing complexion.

Each soothing touch in this treatment harmonizes the spirit, while simultaneously working to enhance your skin's vitality and restore its natural balance. The gentle lymphatic drainage technique reduces puffiness, detoxifies the skin, and encourages a clearer, more refined complexion. Meanwhile, Marma point therapy on the face stimulates circulation and promotes a natural glow from within.





For further information  
and bookings, please email  
*[friendsofestelle@estellemanor.com](mailto:friendsofestelle@estellemanor.com)*

---

EYNESHAM BATHS X

