



# CULTIVATING RESILIENCE

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

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*Sunday 21st - Wednesday 24th  
June 2026*

EYNESHAM 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.

Eynsham Baths is delighted to be welcoming back the wellness experts and practitioners from Kamalaya, travelling all the way from Koh Samui to our Roman-inspired bathhouse, where they'll be leading an entirely bespoke programme of classes, treatments and rituals over four days.





## EYNESHAM BATHS

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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

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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:

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ACCOMMODATION

*At Estelle Manor for three nights*

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SPECIALLY PREPARED MENUS

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

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TWO 90-MINUTE TREATMENTS

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

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ONE 50-MINUTE MUSCULOSKELETAL  
MANIPULATION AND ASSESMENT

*To improve structural balance and body alignment*

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ALL WORKSHOPS AND CLASSES

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

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EYNSHAM BATHS' THERMAL JOURNEY

*Complimentary access throughout the retreat*

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TURN DOWN GIFTS

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

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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.*

### WELCOME AND CHECK IN

Arrive on our rural retreat at Estelle Manor in time for a welcome drink from 1.30pm. Our team will be on hand to show you around the estate, allowing you to soak in the atmosphere and gather your bearings for the days to come. Check-in will be available from 3pm.

### AFTERNOON TEA

Be guided to Eynsham Baths for the first time, where a light tea overlooking the spectacular mezzanine tepidarium hall will await. Meet your hosts for the retreat including the experts from Kamalaya, as well as your fellow guests.

### CHAKRA MEDITATION

A transformative meditation 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.

### DINNER IN THE TEA LOUNGE

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. Nourishing dishes and bites will be served throughout the day, before ending with a fulfilling supper.*

### WALKING MEDITATION

Experience the healing power of nature through a grounding walking meditation led by Sujay Seshadri. This practice will combine mindful walking with grounding techniques, one step at a time to connect with the earth's energy. Feel the rhythm of your steps within the most serene of surroundings, restoring harmony to your mind and body.

### TRADITIONAL HATHA YOGA

A grounding and nourishing practice, where we settle into postures for a longer period of time to challenge both your physical and emotional strength to find resilience and stillness.

### 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. 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, its physical and psychological manifestations. Sujay will bring further enrichment from his time as a monk, sharing his insights into the intricacies of the human mind through grounding affirmations, practicing techniques to regain your calm and confidence during the most challenging moments.

### MUSCULOSKELETAL MANIPULATION AND ASSESSMENT

A therapeutic treatment that focuses on the alignment and function of the body's structure to support its natural healing capacity. Through gentle manipulation of muscles, joints and connective tissue, it works to release restrictions, ease pain and improve mobility. The session will be tailored to address the root causes of imbalance, helping to restore optimal movement, circulation and vitality throughout the body. *Please note, one session is included, taking place on either day two or three.*

### TREATMENT OF THE DAY

The first of your included 90-minute treatments from Eynsham Baths and Kamalaya. There will also be ample time to enjoy our Thermal Journey, at your leisure.

### DINNER IN THE TEA LOUNGE

Enjoy delectable yet nourishing dishes as the day draws to a close, in preparation for a restful slumber.

*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 of the retreat, and a musculoskeletal manipulation and assesment for those who didn't experience it on Day Two. A delicious menu will be served from The Tea Lounge throughout the day, and we'll end with a delicious dinner in the privacy of Fallow House.*

### 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. Should the weather allow, the session will take place outdoors, embracing our natural surroundings.

### YOGA IN THE SHALA

A spiritual practice leading the mind, body and soul as we experience the transformational power of yoga in our holistic studio.

### 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. There will also be ample time to enjoy our Thermal Journey, at your leisure.

### DINNER AT FALLOW HOUSE

Dine in the quiet serenity of one of our private dining rooms in Fallow House, allowing you to decompress as the day draws to a close with your fellow guests.

*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 final yoga session, Vipassana meditation and sound bath, we'll be saying goodbye in The Tea Lounge ahead of check out.*

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### HATHA FLOW YOGA

As we come together for the last time in a physical practice, we'll embrace a Hatha Flow Yoga for a final challenge, feeling the physical and emotional changes that have arisen following four days of personal focus.

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### 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.

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### SOUND BATH

Be gently guided into a meditative state, deepening your connection with your emotional self under the various frequencies and vibrations from a multitude of chimes and singing bowls... The perfect way to mark a new beginning, ready to start practicing the new techniques and methods you've gathered to cultivate resilience on an everyday basis.

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### 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***

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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***

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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 wintergreen 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 - *Kamalaya's treatments will be available during the days of the retreat only, whilst EYNSHAM BATHS' treatments can be enjoyed at any time.*



# FROM KAMALAYA

## PERSONAL MENTORING

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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

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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

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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

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60/90 MINUTES  
GBP 190/260

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

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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

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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

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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.

# FROM EYNESHAM BATHS

## EYNESHAM BATHS FACIAL

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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

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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.



## PRICING

*Prices for our Cultivating Resilience  
Retreat include accommodation at Estelle Manor,  
specially prepared menus, listed treatments  
and classes as shown in the overview on page 4.*

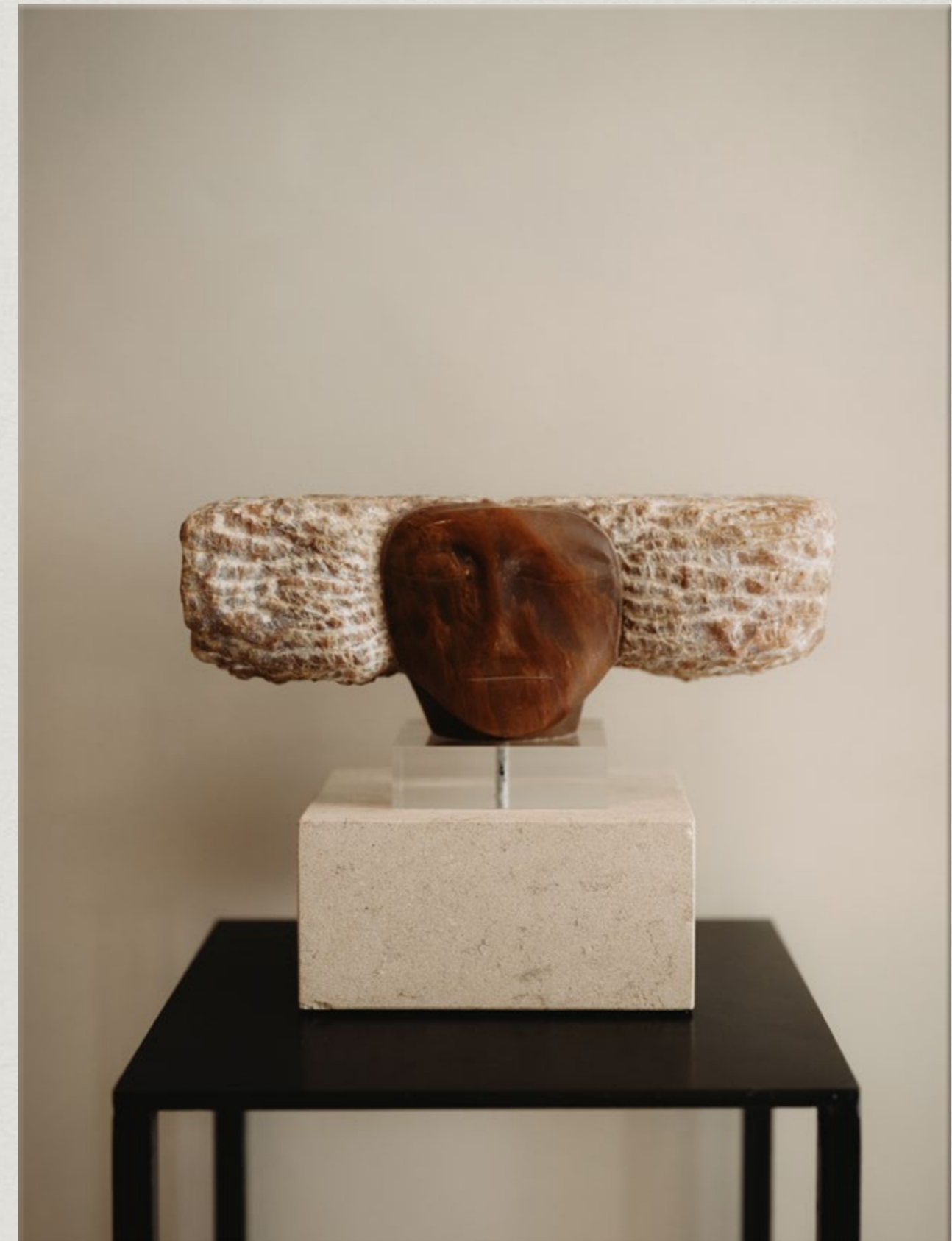
### ESTELLE MANOR MEMBERS' RATES:

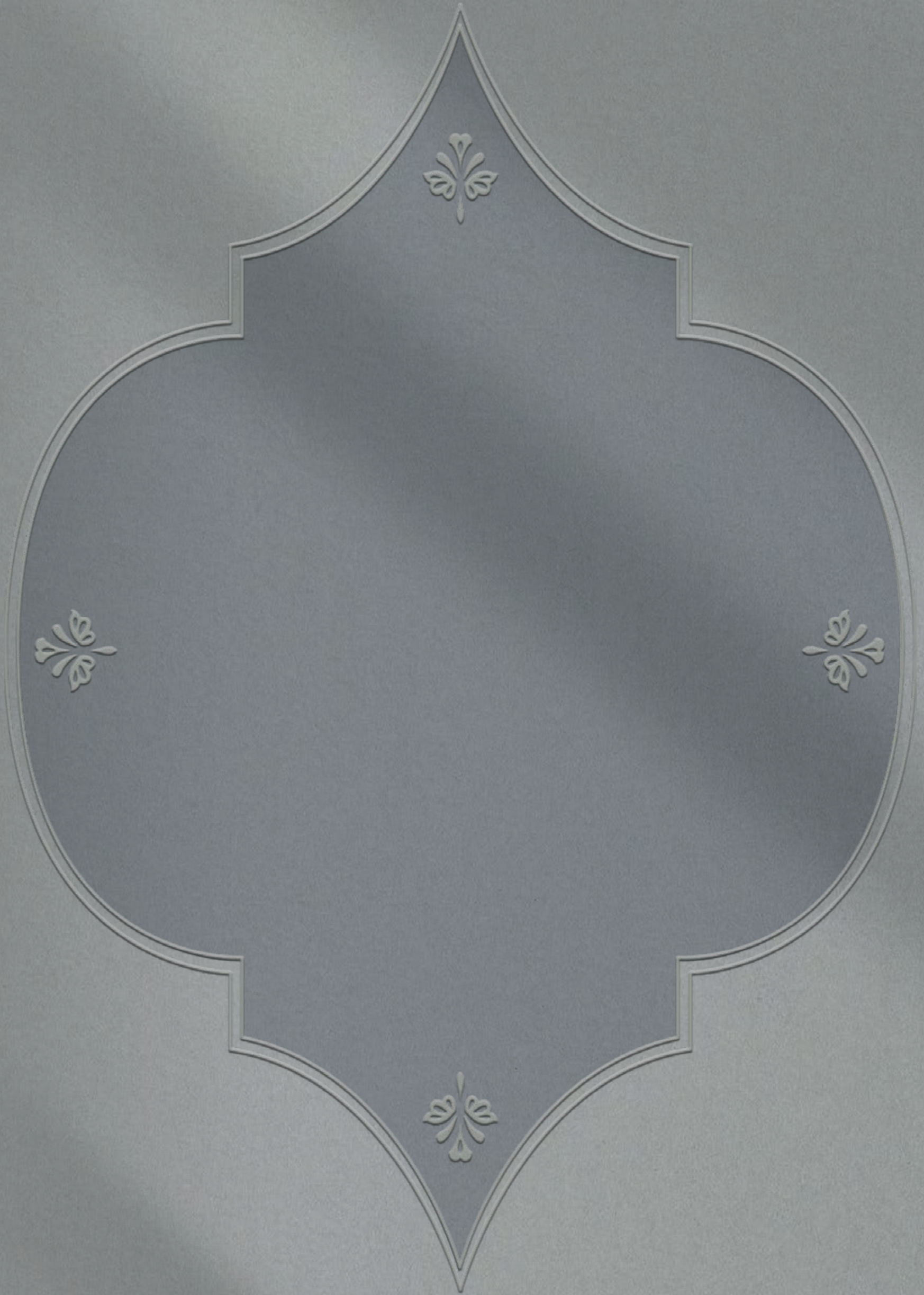
Single occupancy: from £3,760  
Double occupancy: from £5,795

### PUBLIC RATES:

Single occupancy: from £4,195  
Double occupancy: from £6,230

For further information and bookings, please email  
[friendsofestelle@estellemanor.com](mailto:friendsofestelle@estellemanor.com) or call 01993 685800.





EYNESHAM BATHS X

