



SPRING CLEANSE RETREAT
EATON MANOR, SHROPSHIRE
MAR 27 - 31, 2026



Clean Up. Reset. Energise.

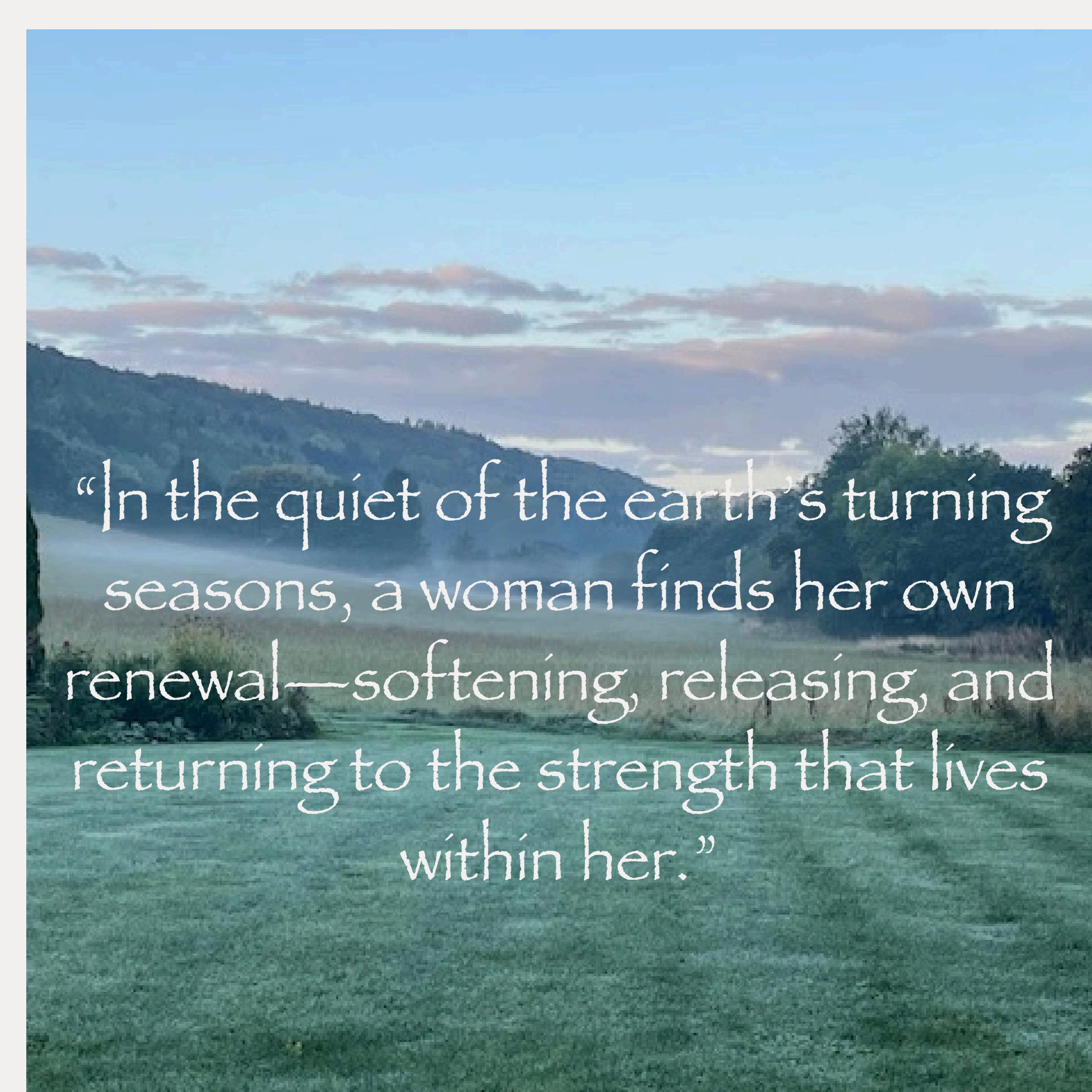
In spectacular Shropshire countryside, we gather from 27 - 31 March 2026 for the 5-day Ayurveda Spring Cleanse and Rejuvenate Retreat at the beautiful Eaton Manor Estate.

This retreat offers a gentle but powerful reset—supporting the body to lighten, detoxify, and awaken in tune with the energy of spring. Through seasonal Ayurveda Yoga classes, purifying and rejuvenating herbal teas and formulas, body treatments and nourishing spring-season Ayurvedic meals, we create space for clarity, vitality, and renewed strength.

This is a space to gently shed winter's heaviness and revitalise body and mind so that you can be ready to make the most of the lighter, more active months ahead.

Five peaceful, potent, and transformative days await you.



A landscape photograph showing rolling hills and mountains in the background under a clear blue sky. The foreground is a dark, green, grassy field.

“In the quiet of the earth’s turning seasons, a woman finds her own renewal—softening, releasing, and returning to the strength that lives within her.”

WHAT TO EXPECT...

These five days offer you a sanctuary away from the pace and pressures of everyday life — a peaceful retreat in the heart of the Shropshire countryside where you can soften, reset, and restore balance to body, heart, and mind.

Rooted in the wisdom of Yoga and Ayurveda, our approach is gentle yet deeply transformative, designed especially for women seeking to nurture personal resilience, vitality, and inner harmony as we transition into Spring.

Here, we honour sensitivity and awareness, allowing each woman — regardless of age, experience, or state of health — to attune to her unique needs and natural rhythm. Through seasonal Ayurveda foods, teas and herbs, we softly release from the body and mind, that which is not supportive of you living your fullest life, whilst nurturing the energy and resilience that will allow you to step into Spring enlivened and inspired.

Ayurveda Yoga classes, guided meditations, yoga nidra, and simple breathing practices, add power to the cleanse and rejuvenate process, awakening strength, clarity, and spaciousness within.

Ayurvedic principles inform the unfolding of each aspect of our days, guiding us towards a cleansing and renewal both on and off the mat, that will benefit us long after the retreat has ended.



WHAT'S ON OFFER?

- 4 nights luxury accommodation on the Eaton Manor Estate.
- Three seasonal Ayurveda rejuvenating meals daily
- Two daily Yoga classes
- Wake up morning breath and meditation sessions
- Daily Ayurveda self-care talks
- Nourishing Ayurveda body treatments
- Healing Soundbath
- Purifying Fire Ritual
- Guided Yoga Nidra - deep rest states
- Walks in nature, quiet time out with a good book, and warm-hearted company. ❤️

On this retreat we enter a sanctuary of stillness and sensory delight..

A beautiful sense of community seamlessly develops, bringing extra nurturance to your retreat experience.

You'll leave feeling rejuvenated, inspired, empowered to make better choices for your self-care, and excited to meet life renewed and revived



FRIDAY MARCH 27TH ARRIVE & RETIRE

Check in any time after 3pm on Friday March 27th

We will guide you to your room and welcome you with a seasonal herb tea and treat whilst you meet your fellow retreat participants.

A gentle Yoga practice begins at 5pm which will support your body and mind to recover from the journey to Shropshire and ease softly into our programme of renewal for the next 5 days.



DAILY ITINERARY

7.15am – Guided Breath & Meditation Class

8:00am – Nourishing Breakfast with Cleansing Herb Teas

10:00am - Morning Hatha Yoga

12:00pm – Ayurveda Self Care Talk

1:00pm – Rejuvenating Spring Season Lunch

2:00pm – Rest, Reflect, Explore or Enjoy A Body Treatment

Free time to walk, read, talk, snooze, restore.

4:00pm – Afternoon Tea & Treat

5.00pm – Gentle-Restorative Yoga

6.00pm – Digest-Easy Supper

8.00pm Special Session - Yoga Nidra, Soundbath or Fire Ritual



INCLUSIONS

- Pre-retreat 1-1 mini Ayurveda Consultation
- Luxury single or shared accommodation
- Morning and Afternoon Yoga
- Morning Breath and Mediation
- Moments of Silence
- Midday Ayurveda Talks
- Personalised herbal teas and (optional) herbal cleanse formulas.
- An Ayurveda body treatment to detoxify and rejuvenate
- Three delicious Ayurveda spring season rejuvenating meals., adjusted for your Ayurveda type and needs.
- Soundbath, fire ritual, yoga nidra
- Enjoyment of the beautiful Eaton Manor Estate grounds and surrounds



OPTIONAL UPGRADES

Upgrade 1: Complete 1-1 Ayurveda Consultation – Benefit from an extra-personalised lifestyle, dietary and herbal protocol throughout the retreat following an in-depth consultation. Meet online before the retreat for extra personalised effect with herbs and teas to suit your symptoms and individual needs. After the retreat, we meet again online for one follow up appointment.

Investment – £155.00 (herbal prescriptions not included – estimated £10-£50).

Upgrade 2 – Ayurveda Detox Treatments: - Enjoy 2 extra 60 minute Ayurveda body treatments to support your detox and rejuvenation process. These treatments will add extra potency to your retreat cleanse and rejuvenate process.

Investment – £140 for 2 x 60 minute treatments



VENUE FEATURES

Set between the rolling Shropshire Hills and the historic Wenlock Edge

A private family-run country Estate with acres of fields, woods, a brook running through and ancient church set on it's edge.

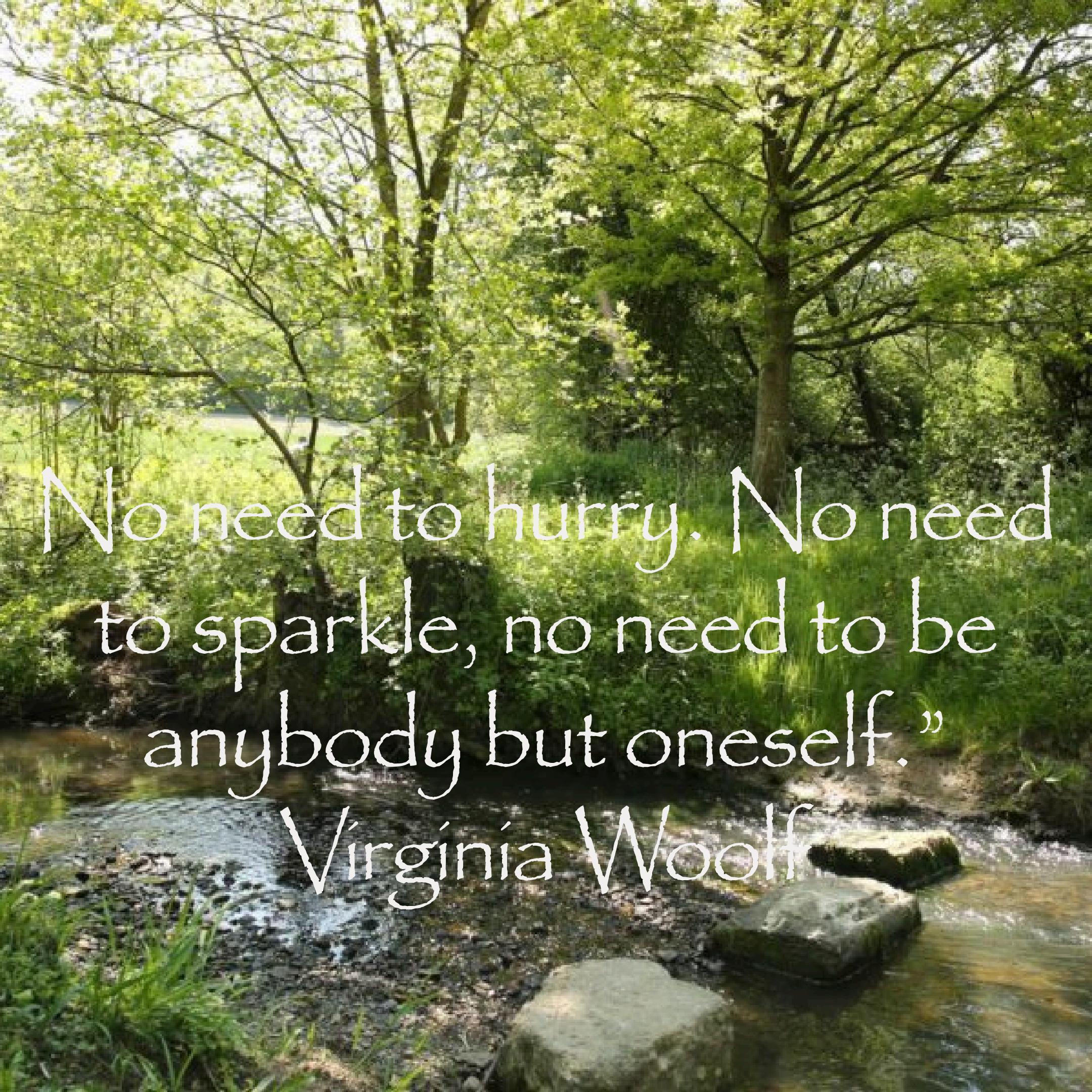
Accommodation in luxuriously renovated country cottages

Committed to sustainability and members of Green Tourism

Participates in a Countryside Stewardship Scheme across their 500 acres of arable land

Abundant wildlife.

Large bright hall for all classes

A photograph of a lush green forest. In the foreground, a rocky stream flows from the left towards the right. The water is clear, reflecting the surrounding greenery. The banks of the stream are covered in rocks and small plants. In the background, there are many tall, leafy trees, their branches forming a dense canopy. The overall atmosphere is peaceful and natural.

No need to hurry. No need
to sparkle, no need to be
anybody but oneself."

Virginia Woolf

YOUR RETREAT HOST



SARA PALMER, AYURVEDA PRACTITIONER, EDUCATOR & SENIOR REGD YOGA TEACHER

Sara is the founder of Heart of Ayurveda Retreats and the Heart of Ayurveda Academy. She has been leading Ayurveda and Yoga Retreats for the past 16 years and has been teaching Yoga for more than 20 years.

Sara says that one of her greatest joys is teaching on retreat. She loves the heart-felt community that is created and the transformation and healing that takes place in the hearts and minds of participants.

She is an Ayurveda practitioner and when not teaching on retreat enjoys a successful clinical practice in Warwickshire, country walks with the dogs, music and visiting sites of historical interest.



START 2026 WITH A POWERFUL “YES” TO YOU! JOIN THE AYURVEDA SPRING CLEANSE & RENEW RETREAT

Shared double or twin room with en suite bathroom: £950.00, including a luxurious Ayurveda body treatment tailored just for your body type.

Single room with double bed and ensuite bathroom £1250.00 including a luxurious Ayurveda body treatment tailored just for your body type.

Alternative payment plans are available.
Enquire about early bird rates

See reviews and photo gallery [here](#)



BOOKINGS AND RESERVATIONS

To reserve your place—or to learn more—simply click the button below to schedule a Retreat Call.

We'll connect on Zoom or WhatsApp for a relaxed conversation to ensure the retreat is the right fit for you. It's also an opportunity for you to share any special requirements.

If you're ready to book, we'll secure the best available accommodation for you. A 50% deposit is required to confirm your place. We'll send an invoice with bank details, and the remaining balance is due by 13 March 2026.

Monthly instalments are available for retreats booked at least three months in advance.

Click the button below to book a retreat call or email sara@heart-of-ayurveda.com

[RESERVE MY PLACE](#) [RETREAT CALL](#)

“What a wonderful retreat led by Sara. Not only very informative in the benefits of Ayurveda but fabulously relaxing in beautiful surroundings. I can honestly say I felt like a different woman at the end of the week.”

Carole Briggs, Google Review

