

Welcome to the home of the Sleep Retreat.....

Wednesday 20th and Thursday 21st October 2021



Discover the power of restorative sleep in a two-day luxury retreat.....

Would you like to learn how to sleep better, feel more energised and refreshed ...and enjoy a break in a boutique hotel in the process?

Join me, Joanna Kippax, a certified sleep practitioner and nurse prescriber, to discover the practical tools to improve your sleep for good.

Sleep is the single most important biological function to reset and recharge every cell in the body. It is essential for good physical

and mental wellbeing, and as a sleep practitioner, I understand how to maximise sleep to enhance your health.

Do you struggle to sleep?

- Do you lack the energy to do the things you love-or even get through the day?
- Do you wake repeatedly through the night and struggle to get back to sleep?
- Do you wake early and feel exhausted throughout the day as a result?
- Does it take you hours to get to sleep at night?
- Do you dread going to bed or worry about the effects of a lack of sleep on your health?
- Have you drunk enough sleepy tea to sink a battleship and tried everything that every well-meaning friend and relative has suggested, but nothing works?



We can help you

The Sleep Retreat will guarantee that you will be given evidence- based information and techniques to improve your relationship with sleep and return home with restored confidence in your body's ability to get the rest that you need.

This is a time to focus on your health and wellness.

Over the two days you will.....

- Learn what is stopping you from sleeping, how and why sleep is disturbed
- Understand what sleep needs for it to appear (The science of sleep)
- Discover how to calm a racing mind
- Learn relaxation techniques that help you to wind down
- Learn how to manage a disturbed night
- Discuss how gut health influences sleep
- Discover how to break the cycle of sleeplessness.

To ensure you relax and unwind, your hosts at The Tudor Farmhouse Hotel in the stunning Forest of Dean, Gloucestershire will offer boutique accommodation and an excellent menu.

The Sleep Retreat will allow time to enjoy the stunning scenery and plenty of outdoor activities, or you can sit and think your own thoughts by a warm fire!



Boring but important questions....

- Wednesday 20th and Thursday 21st October 2021: 10-4pm on both days.
- Breakfast, lunch, and evening meal are included in the package.
- The group will be a maximum of 12 people to ensure that everyone has the opportunity to ask questions and be able to socially distance, as required.
- You can either book to come on Tuesday evening, to be ready to start at 10.00 on Wednesday, or if you prefer you can arrive in the morning and stay Wednesday and Thursday night, leaving Friday, whichever suits you best.
- Many guests choose to extend their stay over the weekend.
- Prices: Single occupancy: Hatchling Room -£588 pp: Bed, breakfast, lunch, dinner, and all sleep sessions included, for the two nights
: Double or twin occupancy: Hatchling Room £429 pp: Bed, breakfast, lunch, dinner, and all sleep sessions included, for the two nights.

<https://tudorfarmhousehotel.co.uk/sleep-retreat/>

If you have any questions or concerns, please do not hesitate to email wyesleep@gmail.com and Joanna will get back to you as soon as possible. *We look forward to welcoming you very soon.*



