



Wellness Retreat

Friday 11th July – Monday 14th July 2025

Chestnut Tree Farm, The Heath,
Wellingore, Lincoln, LN5 0DW

Relax & re-charge with us in the Lincolnshire countryside, with three days of restorative wellness experiences.

RELAX & REFRESH

Let go and find your zen over 3 days of gentle yoga, soothing breathwork, and calming meditations. Your expert health professionals will guide you to a place of deep serenity and peace, leaving you feeling truly restored. When you're not in a session, immerse yourself in the beauty of Purusha's lush grounds or take a dip in your very own private hot tub.

RE-CHARGE & MOVE

Get your body feeling energized with functional exercise classes and invigorating forest walks. These mindful movement practices will leave you feeling refreshed and ready to take on the world with a new sense of vitality.

NOURISH YOURSELF

Indulge in delicious, wholesome meals crafted by our amazing chef, Ginni. Known for her mouthwatering, nutrient-packed dishes, Ginni creates meals that nourish both body and soul. Enjoy sit-down lunches and dinners, plus a self-serve breakfast to kickstart your day.

FEEL CONNECTED

Meet like-minded guests in a warm, supportive environment where you can share, laugh, and unwind. Whether you're here to relax, recharge, or make new connections, you'll leave feeling part of something special.

Ready for a weekend to reconnect with your wild self? We can't wait to share it with you!



Meet your
hosts





Heemali Inamdar

Heemali is a trauma-informed yoga facilitator and corporate wellbeing consultant, passionate about helping you heal, recharge, and reconnect. Specialising in trauma, nervous system regulation, and women's health, she's all about using the body to heal the mind (and vice versa!).

Trained as a dancer, Heemali has always been fascinated by the power of movement and the body's incredible mechanics. But it's not just about stretching or sweating it out—it's about truly embodying our emotions to process and heal trauma, rather than just thinking our way through it.

With personal experience overcoming panic attacks, chronic psoriasis, body dysmorphia, hormone imbalances, and mental health challenges, Heemali knows firsthand the transformative power of mind-body connection.

Her healing journey is rooted in holistic practices, and she's on a mission to guide you through accessible yoga, movement, and breathwork to help you self-regulate and reconnect with your body.

When she's not leading deeply nourishing yoga sessions or guiding mindful barefoot walks, you'll find Heemali leading fire-side oracle card circles or simply soaking up the wildness of nature.



Jude Ashken

The human body and movement are deeply fascinating to Jude and he is passionate about guiding others to connect with their mind and body in a way that leads to greater strength, fitness, and overall well-being.

Jude's focus is on functional movement - helping people move in ways that align with their natural body mechanics. He believes in working with the body, not against it.

The goal is to help you move more fluidly and harmoniously, whether you're in a yoga pose, performing an exercise, or simply going about your day-to-day activities.

In every session, Jude's priority is to create an environment that is both engaging and enjoyable. He offers exercises that challenge both the body and the mind—balancing strength, stability, coordination, and flexibility. His approach ensures that every movement is purposeful, helping you build a stronger, more resilient body while keeping the process fun and rewarding.

Jude will be on hand to guide you through bodyweight functional movement, core and pelvic stability, nutrition and mobility.



Dan Finocchio

Dan is a passionate Yoga and Meditation teacher dedicated to guiding his students toward a calmer mind and a healthier body. Known for his gentle, calming presence, he creates a supportive environment where mindfulness and movement come together to help you feel your best.

What began as a way to heal from a football injury soon became a life-changing practice for Dan, sparking a deep passion for helping others discover the transformative benefits of yoga.

After training in the serene mountains of India and teaching on three continents, Dan has developed a wealth of expertise in:

- Yoga and Animal Flow for optimal flexibility and body alignment
- Breathwork techniques to boost energy and vitality
- Guided meditation to promote inner peace and healing

Dan will be on hand to lead you through fluid yoga classes, animal flows and soothing meditations, helping you find balance, relaxation, and personal growth.



The Grounds

Purusha Retreats is set in idyllic, Lincolnshire. Home to woodlands, a lake, flower meadows, and winding pathways through fields under the County's famous big skies.

You'll encounter a diverse range of plants and wildlife including dragonflies, deer, badgers, and countless species of butterflies.

Experience true connection and contentment as you share stories around the fire with new-found friends.



The Tea Hut

The cosy Tea Hut is a popular place with every guest.

Set over a lily pad-strewn lake, it's a perfect place to come together over a warming drink and take it all in.

Stocked full of speciality teas and coffees (including a Purusha Blend), it's available for you to come and go as you please.

The Kula Dome

Kula is the Sanskrit word meaning community, clan, or tribe. To us this means connection. The Kula Dome is an open and safe place for people to come and feel inspired and connected through shared experience. Warmed by a wood burning stove in the winter, Kula is a bright and spacious studio perfect for Yoga, meditation, singing, and laughter.

Kula inspires creativity, vibrancy and peace.





The Dining Area

Delight in nourishing, gourmet meals crafted by our live-in chef, Ginni. With her 25 years of culinary expertise and experience, we're sure every dish will be one to remember.

Across the retreat enjoy lovingly prepared meals made from carefully sourced organic produce. Leave feeling revitalised and a picture of health.

Every meal will include options to suit all dietary preferences, with delicious choices for omnivores, vegetarians, and vegans alike.



Accommodation

Where Eco meets Luxury...

One of these seven private geodesic domes will be your home for the duration of the retreat.

Listen to the sound of nature surrounding you, as you fall asleep under the starry sky.

Each dome is set in its own private woodland glade and comes complete with a Twin/Double bed, ensuite eco toilet and shower, and a private hot tub outside to use at your leisure.

If you book onto the retreat as one person, you will be paired up in a same sex room. If you book with a friend/partner, you will be given a dome to yourselves. Each dome has capacity for 2 people.

Sample Timetable

*This is a provisional timetable and is subject to change; the final schedule will be confirmed closer to the time

**ALL activities are OPTIONAL, join in for as much or as little as you'd like

FREE time – explore the grounds, relax in the sun, walk, read, make new friends, sleep, or whatever your heart desires

Note - Heemali, Dan, and Jude will all be on hand in periods of FREE time for 1-2-1 work and small group work

	Friday	Saturday	Sunday	Monday
5am – 6am		Sunrise Breathe & Move		Sunrise Gentle Yoga Flow
6am – 10am		Self-serve optional breakfast & FREE time	Self-serve optional breakfast & FREE time	Self-serve optional breakfast & FREE time
10am – 11:30am		Morning Yoga	Animal Flow	Stretching and Meditation
12pm - 1pm		Lunch	Lunch	Lunch
1pm - 2pm		FREE time	FREE time	FREE time
2pm – 3:30pm	CHECK IN & Arrival from 3pm	Functional Movement	Functional Movement	CHECK OUT at 3pm
3:30pm - 5pm	Vinyasa Flow Yoga	Barefoot Mindfulness Walk	Stretching and Mobility	
5pm – 6pm	FREE time	FREE time	FREE time	
6pm – 7:30pm	Dinner	Dinner	Dinner	
8:15pm – 9:45pm	Deep sleep Yoga & Meditation	Sunset Yoga	Deep Sleep Breathwork & Yoga Nidra	
9:45pm onwards	Fire circle / FREE time	Star Gazing / FREE time	Oracle card circle / FREE time	

Date and Price

Friday 11th July – Monday 14th July
3:00 PM Friday - 3:00 PM Monday

Regular price - £980pp

Early bird offer - £935pp (only available until the end of November)

Step into a rejuvenating, holistic retreat where every detail is designed to help you relax, recharge, and reconnect with your body, mind, and soul.

Join us for a transformative experience, immersed in nature, as you disconnect from the world and rediscover the WILD within you.

This all-inclusive retreat includes:

- **3 nights** accommodation in a shared geodesic dome with private hot tub per dome
- Access to all **classes** and **activities**
- Tea, coffee, kombucha, and glass bottled water available throughout your stay
- **All meals** provided (self-service breakfast with an optional 18-hour fast)

Let nature restore your balance and inspire your inner peace.

Secure your place by making a 50% deposit. We look forward to spending a glorious 4 days with you next summer...