

MASONROSE

Bodhimaya Wellness Retreats



Bodhimaya Wellness Retreats

KEY FACTS

Bodhimaya's retreats take place at Cowdray House in the UK and Villa La Coste in the South of France. They are highly refined wellness experiences that are meticulously crafted to the needs and requirements of each guest from extensive pre-and post-arrival consultation to one-to-one discussions with the Bodhimaya experts throughout.

Whether you want to lose weight, cleanse your body, rejuvenate, manage stress or simply relax and find greater physical and emotional wellbeing, Bodhimaya will exceed your expectations, help you achieve your goals and lead you towards a state of optimal health.

Bodhimaya is a pioneer in personalised wellness. Their science-backed programmes are renowned for their ability to rejuvenate and restore mind and body. Personalised nutrition, authentic meditation, yoga and an unparalleled amount of support are the four pillars of their award-winning approach to wellness.

The highly personalised approach to nutrition is regarded as the gold standard of Nutritional Therapy. Bodhimaya have won both a Condè Nast Spa Award and Tatler Spa Award for their comprehensive and bespoke approach to mind and body wellness.

LOCATION AND ACCESS

Bodhimaya 10 Harley Street London W1G 9PF

ACCOMMODATION

United Kingdom - Cowdray House Bodhimaya's U.K. Wellness Intensive takes place at one of England's most exclusive country houses. Steeped in over 500 years of history, overlooking medieval ruins and nestled in the heart of a 16,500 acre estate, Cowdray House is the perfect place to retreat.

South of France- Château la Coste Château la Coste, the international destination for art, architecture and natural beauty provides the backdrop for 28 villa suites, each

offering zen uncluttered comfort with expansive views. Bodhimaya at Villa la Coste is a highly refined retreat experience that is meticulously crafted to needs and requirements of each guest. The retreat is unlike any other, giving you the time and space to be still and rest in this inspiring environment as you are nurtured into a state of optimal health by our award-winning team of wellness experts. With the privacy of your Villa Suite, the expansive space at the hotel and a wellness programme that is completely tailored to your needs, you will feel as though this is a private retreat experience.

FACILITIES

The Bodhimaya London Clinic in Harley Street offers: Nutritional Therapy Advanced Biomarker Analysis Functional Testing Meditation and Mindfulness Acupuncture

The Bodhimaya UK Wellness Intensive Retreats at Cowdray House offer: An immersive and holistic retreat experience that is designed to have a deep and lasting impact on your mind and body. Each guest has a

personalised wellness programme created by an award-winning team of experts, who are on hand at all times to help you work towards your goals and optimise your health. Personalised nutrition Yoga Meditation Mind and nutrition talks Cooking demonstrations One-to-one consultations with our experts There is also plenty of time in between activities for a massage, a relaxing organic spa

treatment, a dip in the indoor pool or a long walk in the acres of English countryside. Three healthy meals a day or choose a fasting protocol for advanced rejuvenation. NB: Bodhimaya is not a boot camp. You can do as many or as few as of the activities as you would like. The focus is on creating the perfect retreat experience for you. Upcoming dates: 22nd - 28th March, 2018 25th - 31st October, 2018

DID YOU KNOW?

[Click here to find more information on Bodhimaya Retreats at Villa La Coste, South of France](#)

[Click here to find more information on the Bodhimaya Harley Street Clinic](#)

[Click here to find more information on Bodhimaya Retreats at Cowdray House, West Sussex](#)



The Hall at Cowdray House, West Sussex



The 110-Acre Setting of Cowdray House, West Sussex



A bedroom at Cowdray House, West Sussex



The gardens at Cowdray House, West Sussex



Château la Coste, the international destination for art, architecture and natural beauty



Villa La Coste, Provence



A Villa Suite, each offers zen uncluttered comfort with expansive views.



A Villa Suite at Villa La Coste



The Pool at Villa La Coste

