

MASONROSE

## Bodhimaya Wellness Retreats and London Clinic

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### 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 has 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

Cowdray House Cowdray Estate Cowdray Park Midhurst  
West Sussex, GU29 0AQ

Villa La Coste 2750 Route de la Cride 13610 Le Puy-  
Sainte-Réparate France

### ACCOMMODATION

Bodhimaya's U.K. Wellness Intensive takes place at Cowdray House, 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.

Bodhimaya's South of France retreat takes place at

Château la Coste, the international destination for art, architecture and natural beauty. There are 28 villa suites, each offering zen uncluttered comfort with expansive views. 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 offers an immersive and holistic retreat experience that is designed to have a deep and lasting impact on your mind and body. Offerings include: Yoga, Meditation, Personalised Nutrition, Mind and Nutrition Talks, Cooking Demonstrations, One-to-One Consultations with 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. The retreat provides three healthy meals a day or choose a fasting protocol for advanced rejuvenation. During the retreat, you can do as many or as few as of the activities as you would like.

The Bodhimaya South of France Retreat 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. These retreats offer three healthy and delicious meals a day, yoga and meditation classes, talks on nutrition and the mind, one-to-one consultations, spa treatments and the time to relax and enjoy the unimaginable and unmatched beauty of Villa La Coste, the art and the surrounding countryside. Unlike the UK Wellness Intensive, if you are not fasting or following a strict detox or rejuvenation protocol, you can also enjoy a morning coffee or a glass of wine with your meal. You can book between four and seven nights during the April residence at Villa La Coste and up to ten nights in September. Prices from £4400 for four nights

## DID YOU KNOW?

All of Bodhimaya's Nutritional Therapists are trained in functional medicine and have extensive experience helping people optimise their health and manage their health concerns more effectively.

Bodhimaya's science-based approach is widely regarded as the gold standard of Nutritional Therapy.

Biomarker testing allows your diet to be completely tailored to your unique biology. The testing is the most advanced available.

The Bodhimaya retreat programme offers daily yoga classes - a more challenging class first thing in the morning and a restorative class in the evening. There is also a more advanced class in the afternoon for those who have more experience with yoga.

All ages and levels of experience and fitness are welcome; the retreats gently introduce beginners to yoga and also offer those who are more experienced the time and space to deepen their practice.

With only a small number of guests on each retreat and access to one-to-one yoga consultations throughout your stay, they are able to build our yoga programme around your level of experience, fitness and mobility.

Cornelius, the Founder of the Bodhimaya, teaches the Mind and Meditation Programme on each retreat. He has studied Eastern philosophy and meditation for over 20 years and is renowned for his unique, grounded and highly effective approach.

Each morning and evening, after yoga, there are talks on the mind, meditation and Eastern philosophy, followed by a deeply restorative meditation.

To aid relaxation, rejuvenate the skin and help the body eliminate toxins, Bodhimaya offers a wide range of massage and spa treatments on its retreats.

Spa experts are all highly trained and sought-after senior therapists who deliver a range of treatments that are designed to support and compliment the detoxification and rejuvenation process.

At Cowdray House, a full range of ila facials and ila body treatments are offered, from deep cleansing, nourishing and anti-ageing facials through to toning, tightening and invigorating body treatments. All ila products are organic and have high concentrations of active ingredients and nutraceuticals to give exceptional results.

At Villa La Coste, Bodhimaya offers a range of organic treatments that use oils, clays and salts drawn from the earth to cleanse, tone and purify the skin and the senses.



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



A bedroom 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

