



PRICE GUIDE

SUNNY BROW FARM HOLISTIC RETREAT

Within our woodlands and beautifully restored Cumbrian barns is a special place to relax and revitalize with yoga and meditation classes and holistic therapies for mind, body & soul.
Please book in advance if possible



YOGA

Using stretch, breath and posture, yoga strengthens, relaxes, balances, and gets the energy flowing to promote health and wellbeing. Choose from the varied selection of yoga to suit your requirements. The classes are taught intuitively, with the needs of each person, and can be for beginner or advanced. Book for one to one or a small group.

HATHA / HATHA FLOW

Cost: £30 per person for 2 people ; £25pp for 3 or more; £60 one to one

Time: 90 minutes

Both our Hatha and/or Hatha flow yoga uses a combination of movement, held posture, sound and breath to relax and unwind; and to increase flexibility and strength. The classes aim to bring an awareness of our bodies, core strength, and breath to increase health and vitality. By working with the physical body and the subtle energies in our body we can relax, de-stress and energise.

YIN YOGA

Cost: £30 per person for 2 people ; £25pp for 3 or more; £60 one to one

Time: 90 minutes

A very mindful yoga practise that works carefully with the body and energy systems to open and stretch, whilst simultaneously restoring and gently strengthening. Expect long held posture with a relaxed body to slowly open and promote deeper flexibility.

RESTORATIVE YOGA WITH YOGA NIDRA

Cost: £30 per person for 2 people ; £20pp for 3 or more; £60 one to one

Time: 90 minutes

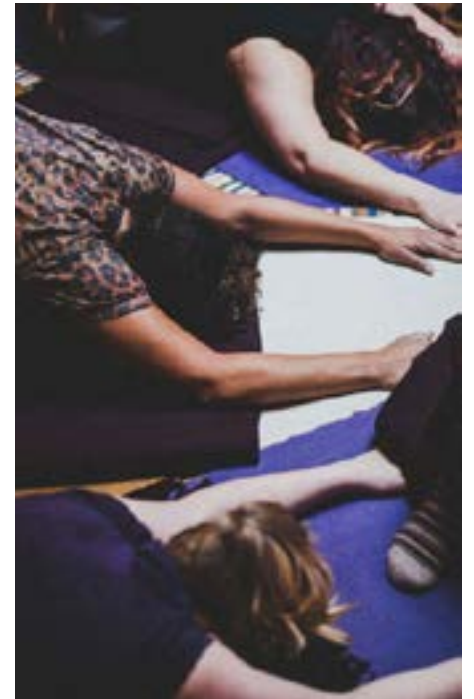
A profound yoga experience to promote mental, emotional, and physical relaxation using restorative, supported and gentle yoga stretches. Followed by a Yoga Nidra (or yogic sleep) that is a powerful practice which teaches us how to relax consciously. It reduces stress and offers the benefits of restful sleep; a perfect session to relax and unwind.

SOUL LIGHT YOGA

Cost: £30 per person for 2 people ; £25pp for 3 or more; £60 one to one

Time: 90 minutes

Soul light yoga is a sacred yoga and movement class focusing on poses to support the chakra system, and enhance soul connections. Enjoy sacred space, to connect to your body, spirit and nature using yoga, breath sound, music, movement and meditation. The class also focuses on the elements and the time of year allowing connection to the seasons and cycles of change in ourselves and nature.



MEDITATION

Join us for meditation and mindfulness. An opportunity to sit in presence and deepen into your joyful, loving peaceful self. We have on offer something for both beginner and advanced practitioner.



SOULFUL MEDITATION

Cost: £25 per person (from 2 - 6 people)

one to one: £50

Time: 60 minutes

This session is suitable for anyone wanting to begin a meditation practise or help build a tool kit of techniques for developing their own current practise. This is blend of mindfulness meditation, breath and body and chakra awareness with Soul connection to deepen your consciousness. This transformational meditation method will leave you feeling grounded centred connected and complete. It is deeply simple at its essence.

SHAMANIC JOURNEYING

Cost: £25 per person (from 2 - 6 people)

one to one: £50

Time: 60 minutes

A very freeing and focused meditation technique, done to the beat of a drum. This helps to take you from 'ordinary reality' to 'nonordinary reality' where you follow vision, colour, and/or words within the three realms in shamanic practise. This technique takes you in the moment wherever you need to go, for your deepest wisdom, guidance or healing.

MOVEMENT MEDITATION / INNER DANCE

Cost: £30 per person (from 2 - 6 people)

£60 one to one

Time: 90 minutes

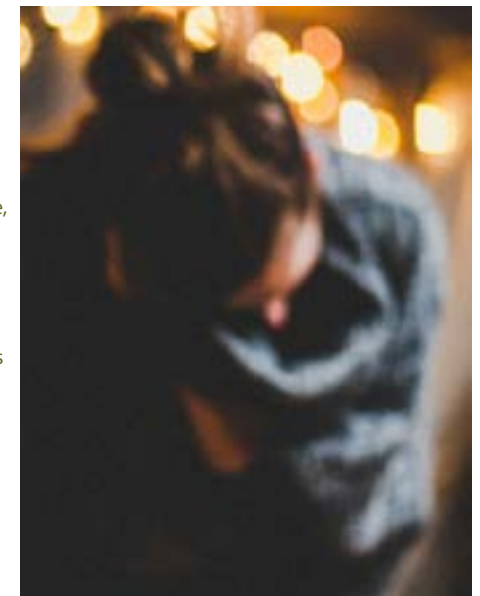
This unique meditation session uses eclectic music, sound, words, and touch, to take you deep into the body and intuition, to process and release anything that does not serve you, and gain insight of truth at a deeper level. It works with the brain waves, bringing you gently inwards and taking you from left brain logic to right brain intuition. From this space it is possible to process anything negative held in the body and mind, and allow space for more flow, wisdoms, vision and Truth. You will be held in safety and love as the energy moves, and supported wherever your journey takes you.

HORSE MEDITATION

Cost: £95 per session for up to 4 people

or £20pp for 5 or more.

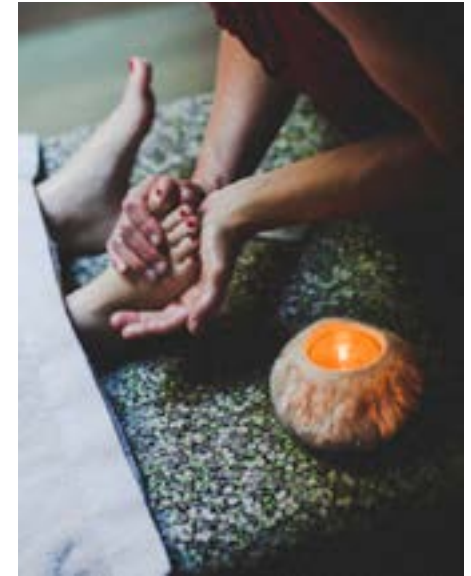
See 'On the land' section for further details



BODY & SOUL



Here at Sunny Brow we offer a varied selection of treatments and therapies to suit all tastes. Our experienced, well trained team bring an eclectic mix of body and soul based treatments, all from the heart.



Enjoy and relax with a massage, holistic therapy or consultation in our treatment room, yoga studio or holistic woodland yurt. Choose from a therapy to find support with a particular issue or area of development, or to just treat yourself to refresh and unwind. Please try to book in advance to avoid disappointment.

HOLISTIC MASSAGE

Cost: 1 hour / £60

This heart opening, transformative and healing massage brings together nature, body awareness and energy. Nourish mind, body and soul with a holistic treatment, using organic oils, and combining massage, Reiki, soul awareness, sound healing and crystals, with an awareness of the meridian system and five elements. Rebalance and realign with this wonderful treatment bespoke for your own body and soul, unlocking your hidden potential by releasing the old baggage and allowing in the Soul's light. An absolute must if you are ready to transform your life.

SWEDISH MASSAGE

Cost: £60 / Time: 1 hour

Using a range of massage movements and techniques this treatment aims to reduce stress, easing the body into relaxation to increase joint and muscle mobility, improve circulation, and reduce cellulite.

COUPLES MASSAGE

Cost: £110 / Time: 1 hour

Enjoy a healing massage together, as a couple. Relax together and experience the opportunity to deepen the connection between you; a space to honour yourself and each other. A lovely treatment to deepen as couple, or can also be used holistically when trying to conceive. Massages can be tailor made for you as a couple, and either use the same oils and similar massage techniques and sequences, or varying techniques and oils to honour each individual within the pair.

HOT STONE MASSAGE RITUAL

Cost: £75 / Time: 1.5 hours

This beautiful massage ritual session uses essential oils, hot basalt stones from the Great Lakes in America and a wide range of crystals to create a deeply restful experience. Hot and cold stones have long been used to promote muscle and deep tissue relaxation as well as to encourage the body to flush toxins from its system. The use of different crystal energies adds a spiritual dimension to the ritual which may provide the opportunity to connect with your awareness of your wider consciousness.

LUXURY 100% ORGANIC FACIAL

Cost: £55 / Time: 1 hour

Using the beautiful Hubble Bubble products made locally from 100% natural and organic materials this facial is a wonderful treat for the skin, face and soul, The amazing energy of the products and the ritual of gently cleansing, exfoliating and moisturising leaves the face glowing from the inside out, and from the outside in.

AYURVEDIC MASSAGE

Cost: £65 / Time 1 1/4 hour

Using the ancient techniques from Ayurvedic healing this is the ultimate indulgence. Looking at the doshas, our energetic make up and any imbalance this gentle, loving and nurturing massage rebalances the body and acknowledging the Soul. Using ritual, energy, ayurvedic and soul healing, you are left feeling safe and supported on all levels.

HIMALAYAN SALT SCRUB MASSAGE

Cost: £55 / Time: 1 hour

A cleansing and invigorating treatment that exfoliates and energises the skin and regulates blood circulation. The treatment uses pink himalayan salt and organic almond oil for the salt scrub massage followed by warm towels to refresh and finish the cleanse, completing with a lavender & almond oil to moisturise. The experience leaves you feeling refreshed with a warm flow around the whole body.

GINGER COMPRESS WITH BACK MASSAGE

Cost: £55 / Time: 1 hour

A relaxing therapy that works on the Oriental understanding that our Kidney energy governs the energy of our body. The treatment includes a relaxing back massage with shiatsu pressure points and a ginger compress placed on the kidney area. This is designed to boost and revitalise the kidneys, thus helping our overall energy and wellbeing.

AROMATHERAPY MASSAGE

Cost: £65 / Time: 1 hour

Aromatherapy massage is a therapy using highly concentrated plant oils, called essential oils which are added to the massage oil or lotion. Essential oils are believed to be absorbed through the skin and it is claimed each essential oil has different healing properties. Our therapist will design a massage with oils for your own individual requirement. This is a gentle yet profound healing modality using the wisdom of plants.

INDIAN HEAD MASSAGE

Cost: £30 / Time: 1/2 hour

Indian head massage is a relaxing massage technique from Ayurvedic Indian health care, traditionally used as a daily stress relieving massage. The treatment combines various massage strokes and acupressure points; and includes kneading tapping and probing of scalp neck and shoulder areas.

THAI MASSAGE

Cost: £60 / Time: 1 hour

Fully clothed full body massage where pressure and stretching is used to relax the whole body by balancing meridians and energy lines. This treatment calms and clears the mind whilst improving the body's well being and balancing the overall health.

REFLEXOLOGY OR THAI FOOT MASSAGE

Cost: £55 / Time: 1 hour

A system of massage for the feet used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, and hands, linked to every part of the body. During the massage pressure is applied to specific areas of the feet, stimulating other parts of the body. A great treatment for detoxing and purifying the body and calming the mind.

SHIATSU

Cost: £65 / Time: 1 hour

Shiatsu helps unblock the flow of life energy and restore balance in the body, promoting self-healing and reconnection. Touch is the magic of shiatsu which our practitioners use to support a release of physical and emotional problems that can manifest in the body. Shiatsu

helps open the mind and body to support you in your development.

Shiatsu is also fabulous for women's health and can offer valuable support with menstruation, fertility, menopause and pregnancy.

REIKI

Cost: £50 / Time: 1 hour

The Reiki tradition of healing practice originates from Japan. The word Reiki is made up of two Kanji: 'Rei' meaning universal and 'Ki' meaning energy. Reiki is a type of energy medicine where the practitioner uses their hands to channel healing energy into the body of their client. By creating balance and helping the health of your energy system, Reiki can help you to heal emotional, mental and physical symptoms.

SOUL READING

Cost: 1 hour / £50

Guided by Source and the dream weaver Soul readings provide you with an opportunity to explore all that you are. Focused on your soul journey, readings may cover past life and/or karmic influences and could be seen as a form of guided spiritual counselling. They can offer overview of patterns of behaviour or emotional experience as well as explore possible future consequence of choices made now.

Readings are unique and are 'in the moment'. Your soul is invited to share with you what you need to know at the time of the reading to further your spiritual development and your general wellbeing. The focus of the reading is always on growth and change and the aim of this work is to support you to connect with your Soul's purpose for this life time.

SOUL HEALING

Cost: 1 hour / £50 Cost: 2 hours / £80

A deep healing treatment that utilizes a range of techniques to cleanse, balance and realign your energy system and connect you with your soul. This treatment works intuitively with a combination of energywork crystals, drum, voice, breath and words in order to facilitate change. Working with soul to Suzy means working with a deep appreciation of all that we are – body, mind, emotions, present, past & future. Sessions use a range of guided techniques or include channelled guidance to move you deeply within your awareness of your whole self to allow personal insights & understanding to arise.

TRANSFORMATIONAL HEALING

Cost: 1 hour / £50

This is a deep healing process session where you will be supported to reconnect with emotions, feelings and sensations held in the cellular memory of your body in order to release what no longer serves you. In transformational healing we energetically access negative thoughts, memories and beliefs in the body from the past and replace them with higher frequency energies. This transmutation of negative emotions and beliefs allows us to become clearer and more aligned to our soul path and the truth of life.

CRYSTAL HEALING

Cost: 1 hour / £50

Crystal healing is part of the energy medicine family of complementary therapies. Just like animals, plants and people, crystals have their own unique energy field which interacts with the energy fields of other living things. In a crystal healing session, it is the interaction between your

energy field and the crystals used which facilitates healing. The crystals can re-balance your energy, clear or repair the aura, unblock meridians, or re-energize chakras – it is an opportunity to heal, rest, repair, or alter your physical body, emotional well being, mental state or spiritual health.

SHAMANIC HEALING / SOUL RETRIEVAL

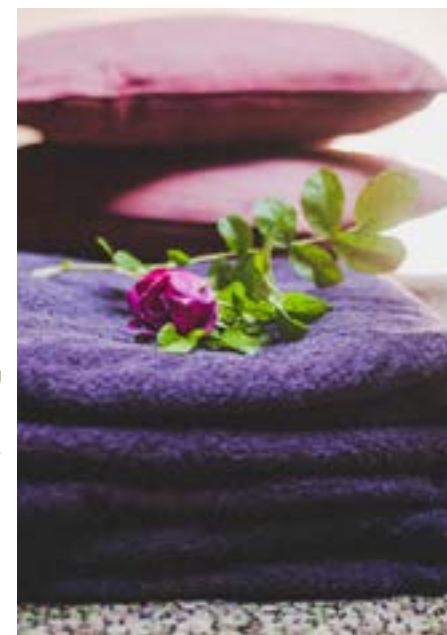
Cost: 1 hour / £50

As a shamanic practitioner, Suzy works with the various energetic shamanic techniques for clearing and healing emotions and damage in the energy body. Soul Retrieval, Power Retrieval, Psychopomp, Ancestor Healing, connecting to guides and Power Animals, are some of the techniques used. In a similar way to Soul Healing the session uses personal discussion, channelling and connection to Soul to open to a healing that you are ready to receive. Journeying and shamanic ritual will be used to facilitate the healing and advice will also be given on how to take this forward to integrate into everyday life.

LODGE/TAMASCAL INSPIRED HOT STONES CEREMONY

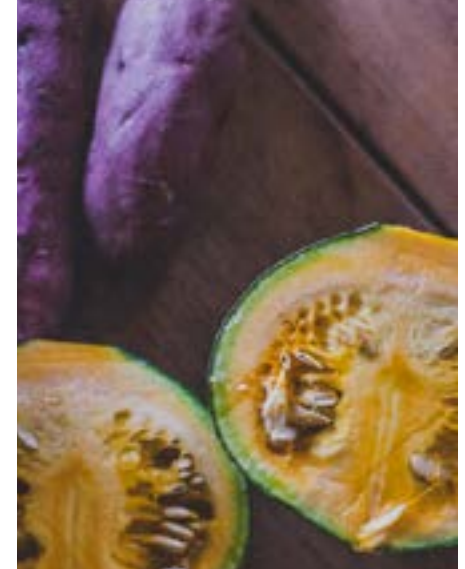
Cost: 2 hours £100 per person (min. 2 persons)

An amazing experience inspired by the ancient traditions of sweat lodge and tamascal. A blend of sacred ceremony and hot stones massage ritual, we heat granite rocks on an outside fire to bring into the space for purification and ritual, whilst focusing directly on the physical body with the massage using basalt stones heated in hot water. A unique treatment for ultimate cleansing and transformation of mind body and soul. This treatment can be focused on a specific area of healing or kept open for divine guidance in the moment.



DIET & LIFESTYLE

The journey to well-being, vitality and optimum health should be enjoyable and sustainable. At Sunny Brow Suzy works with nutrition, wholefood cookery and lifestyle, using Macrobiotic principles, and emotional counselling.



“I believe that we all have the capacity to reach our dreams. Let’s sit up and live. Let’s heal ourselves from within rather than look to others to give us a cure. This journey is one of personal empowerment, not faddy diets, expensive treatments and see-saws. Be your own guide to transformation.”

ABOUT SUZY

Suzy has always had a passion for healthy eating and holistic living; researching and reading avidly in this area. Her interest and purpose has always been to understand what is best for the body and how to apply this.

Focusing on nutritional and physical healing also led her to delving into emotional and spiritual healing, and her practise and daily life now incorporate many elements to aid this journey.



Suzy does not only teach from study courses and theory, but works hard to live and breathe her beliefs.

She has a degree in Psychology, a choice that was fuelled by a desire to learn about what makes us tick. This study was continued on her course with the International Macrobiotic School, where she begun delving into holistic counselling, and emotional patterns linked with the five elements. From this work Suzy has built her own practise offering Macrobiotic

consultations to assist in diet, emotional well-being and lifestyle. Her recently written book 'Conscious Cookery' is now published and available to purchase.

Her limitless passion for yoga also fuels her life. After training 15 years ago, and practising for 25 years, she continues to explore and practise yoga daily. She is also now a Shamanic practitioner, Reiki Master, healing massage and crystals practitioner, and is currently undertaking the All Nations sweat lodge training. With an eclectic mix of healing practices Suzy feels her life has become richer and fuller, with more understanding and happiness; and less health and emotional turbulence. She is now dedicated to continuing this journey for herself, and her family of husband and 3 amazing children, and to also share this with the guests coming to stay at Sunny Brow.



HOLISTIC COOKING CLASS

Time: 3 hours plus lunch or dinner.

Cost: £150 for 1 - 4 people

A cookery class offering tools and tips to help towards physical and emotional wellbeing through foods that are nutritionally, and energetically, balanced. This includes lots of vegetables and grains, vegetable protein, limited animal foods, and an emphasis on eating seasonal organic produce. It is healthy, high fibre, and low fat, without compromising taste.

DIETARY CONSULTATION

Cost: £50 / Time: 1 hour

A consultation to explore your current diet and look at ways to change this diet to better suit you and your needs.

MACROBIOTIC CONSULTATION

Cost: £65 / Time: 1.5 hours

Counselling on a deep level for physical, emotional and spiritual healing. Advice is given for diet, lifestyle and emotional wellbeing. This is a space for you to explore yourself on all levels and understand how to take steps towards a more healthy and happy life.



MACROBIOTIC CONSULTATION FOLLOWED BY A COOKING CLASS FOR YOUR INDIVIDUAL NEEDS

Cost: £190 / Time: 1 hour consultation, 3 hours cooking class plus lunch/dinner.

A Macrobiotic consultation can help us to understand subtle imbalances within our body. A consultation is given and then followed by a cookery class that works with the recommendations from the consultation. This is a great package to improve your personal health and wellbeing.

WOMEN'S NURTURE EVENING & TEA CEREMONY

Cost: £35pp (2 - 6 women) / Time: 2.5 hours

Nourish and nurture your feminine energy and honour your body with yoga, meditation, reiki, crystals, massage, herbal tea ceremony and tasty wholefood nibbles. An evening that can be created bespoke for your journeys.





ON THE LAND

Here at Sunny Brow we have 30 acres of pasture land and woodland for you to explore, adventure or relax in at your leisure. We also offer a variety of activities to connect, and allow you to work, with nature. Booking in advance is essential.

“FEEL THE RHYTHM” DJEMBE DRUMMING

Cost: £100 per group (2-8 persons)

Time: 2 hours

Fun and exciting, this workshop enables you to feel and experience natural rhythm, with an accessible introduction to African drumming. The workshop is about creating and working as a team, and promotes self expression, relaxation and stress release.

HORSE MEDITATION

Cost: 2 hours | £95 per session for up to 4 people or £35pp for 5 or more.

Horses are great barometers for our meditation practice. If we are peaceful, they are peaceful. If we are fearful, they too are fearful, and so on. Horses are herd animals and can mimic each others heart rates in order to protect the herd from prey. This is how they know when we are anxious etc. They basically sync with our central nervous system.

They mirror our emotions so when we relax, they fall asleep, they become very still and affectionate and chose to be close to us. Its beautiful to be among horses in this state.

Horses survive through relationships; they live for the herd. They really want to connect with us but do have no opinion on what we look like or any

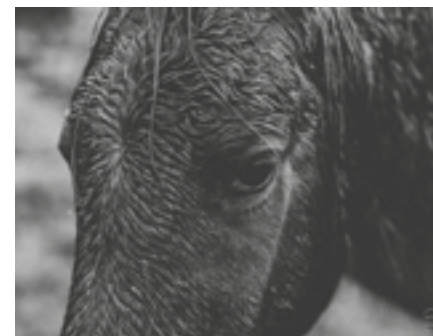
other mental agenda. This is why horse therapy is especially good for teenagers and children with anxiety, for trauma victims, anyone longing for that gentle authenticity

SACRED LODGE EXPERIENCES

The Sweat Lodge Ceremony is created to aid mental, physical and spiritual healing; a place to get answers, guidance wisdom and power. It has Native American and Celtic roots and is a very ancient ceremony for purification and prayer. At Sunny Brow Farm we invite various facilitators of the Lodge ceremony to create the modern day version of this experience here.

A sweat lodge is a dome structure; at Sunny Brow we use our coppiced hazel. The ceremony involves lighting a sacred fire, covering the dome in blankets, heating up sacred rocks in the fire, and ceremoniously placing them in the lodge to aid a 'sweating' experience. They are deeply profound experiences and can be an exciting part of a 'healing' journey.

Please email us if you would like to be informed of the dates and details of our next Lodge retreats. It's also possible for us to provide this experience for a group so please email us for more information.



SUNNY BROW CUISINE

Sunny Brow's Cuisine is dedicated to organic whole-foods, unprocessed and nutritious, without compromising on flavour or culinary beauty. The great taste and simple energy of wholesome ingredients gives us so much more to experience in our cooking and eating.



Attached are our breakfast and evening menus. You are welcome to mix and match between our wholefood, ayurvedic and macrobiotic menus to suit your tastes.

The macrobiotic menu is suitable for a general macrobiotic diet and can also be adapted to suit a personalised healing diet. As our cooking shifts and changes with the seasons the menus and ingredients may change. Eat with us daily or enjoy one special meal but please give advanced notice of your requirements.

SUNNY BROW MACROBIOTIC MENU



Breakfast
£10 per head

Miso Soup

Wholegrain Porridge (mixed grain or choice)
Served with a Choice of Fresh Spring Greens, Sauerkraut,
Nori Strips, Sunflower & Sesame Seeds, Raisins and/or Rice Syrup



Evening Meal
£25.00 per head

Shiitake & Noodle Broth
OR

Seasonal Vegetable Soup
with Toasted Seeds

Hearty Blackbean Stew
or
Chickpeas & buternut squash with sweet miso & ginger

Short grain Brown rice
Roasted seasonal vegetables
Stir-fried Kale with Toasted Sesame Seeds
Red Cabbage & Fennel Pressed Salad

Cacao Chocolate & Almond Mousse
OR
Seasonal Fruit Crumble (refined sugar and dairy free)
Served with Oat Cream

SUNNY BROW WHOLEFOOD MENU



Breakfast
£6 per head

Rolled Oat Porridge with Rice Syrup or Honey
Homemade Granary & Seed Bread with Sugar-Free Jam

or

Sunny Brow Organic Eggs served with Homemade Granary Toast and wilted spinach

or

Wild Mushrooms on Sourdough toast and kale

or

Oat & Buckwheat Breakfast Pancakes with Seasonal Fruit Compote
Served with Maple syrup, Rice Syrup or Honey



Evening Meal One
£20.00 per head

Seasonal Vegetable Soup
with seeds, bread or croutons

Penne Pasta with Wild Garlic & Basil Pesto
Roasted Mediteranean Vegetables
Mixed Salad with Dressing

or

Seasonal Vegetables

Seasonal Fruit Crumble (refined sugar and dairy free)
Served with Oat Cream



Evening Meal Two
£25.00 per head

Seasonal Vegetable Soup
with Homemade Sunflower Seed Bread or Croutons

Fish and Millet Pie

or

Mediterranean Fish Stew with Fennel
Served with Quinoa and Seasonal Vegetables

Cacao Chocolate & Almond Mousse

SUNNY BROW AYURVEDIC INSPIRED MENU



Breakfast
£10 per head

Wholegrain Masala Chai Porridge
with Sunflower Seeds, Raisins and Rice Syrup

Stewed Fruit with Cinnamon & Natural Yoghurt



Evening Meal
£22.00 per head

Digestive stimulant Raw Ginger, Lemon & Salt
(optional)

Spiced Vegetable & Coconut Soup

Red Lentil or Split Pea Dahl with Ginger & Corriander
or
Chickpeas in Masala Sauce

Brown Basmati Rice or Quinoa Pilau
or Wheat Flour Chapattis
Steamed Vegetables or Mixed Salad

Baked Bananas with Orange & Cinnamon Sauce
OR
Kheer
(Nutty Cardomon infused Rice Pudding)



SUNNY BROW HOLISTIC RETREAT

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For news & updates
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