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INFORMATION PACK

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Day Retreat

Saturday 8 January
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Take a Book
and grab a
Hammock!



About PAUS

Located 25 minutes drive from Cambridge, Paus is a breathing/bathing space inspired by the philosophy of balance. Come and celebrate the outdoors through sensory experiences and reconnect with nature within 24 acres of rolling countryside.

What to expect

This day retreat is the perfect time to unwind. After a morning of yoga with Katy & Chloë we'll be treated to a delicious lunch served from the Hilltop cafe. Then it's time to relax, take a snooze in the deckchairs, or have a dip in the open-air, wood fired hot tubs and then unwind in the authentic Finnish barrel saunas. There's even a plunge cool pool and outdoor cooling showers, and when you're feeling fully restored you can use the changing facilities, hot showers, and hairdryers.



The Day Overview 10.30am-5.30pm

(Please use this as a guide - subject to change)

10.30am-2.30pm

Arrival, welcome & yoga with Katy & Chloë

2.30-3.30pm

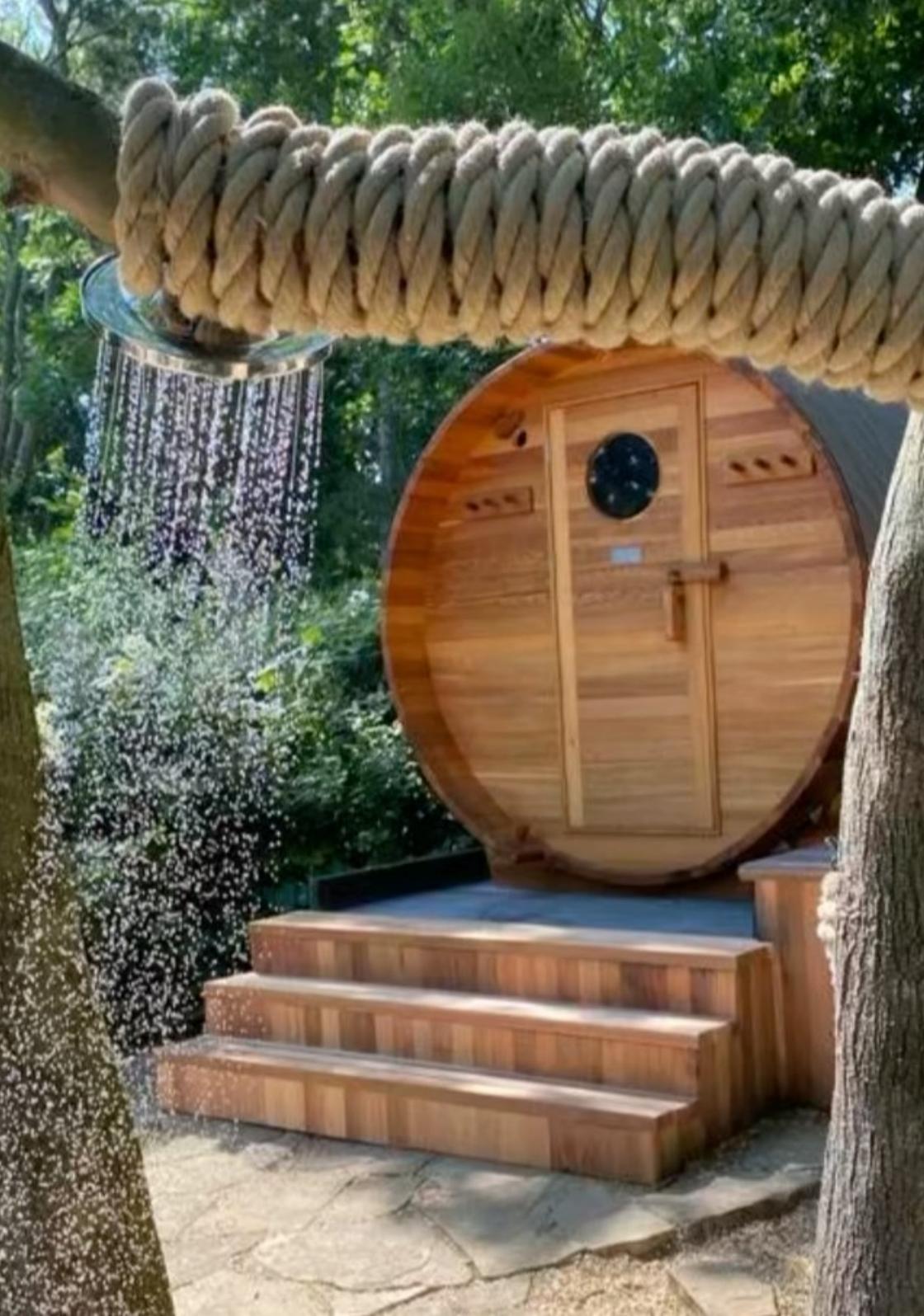
Lunch (wholesome, homemade food from the Hilltop Cafe)

3.30-5.30pm

Hilltop bathing (hot tubs, saunas and plunge pools)

Choose to travel home after a day relaxing, or make a weekend of it and stay in the historic town of Cambridge.

Investment: Early Bird £125 (until 1 Jan) £150pp afterwards. Includes all food, yoga and bathing (travel not included)



Location

PAUS, TOFT ROAD, CAMBRIDGE CB23 2TT
PAUS is located opposite the Bourn Golf & Country Club. If you're coming through Longstowe/Bourn turn right just before the golf club. If you're coming through Cambourn/Toft please turn left just after the golf club.

Public Transport

There is an hourly service from Cambridge to PAUS. Please take the City 18 Bus from Drummer Street (Cambridge -Longstowe) to Toft Road. This is a 35 min journey. Please check the times nearer to the retreat date but at present you would need to take the 9.48am bus.

What to bring

Please bring your yoga mat and any props for practice and some suitable shoes for walking in between the yoga studio and bathing area.



We cannot wait to retreat with you!

To reserve your space or for more information please email

hello@katybatemanyoga.com **or**
chloefaulkner yoga@gmail.com

Covid -19:

PAUS is an outdoor venue, and its yoga studio has huge bifold doors which (weather permitting) will be open to keep airflow moving.

For everyones peace of mind we will require every participant to provide a negative lateral flow / PCR test before arriving at the retreat. Please **do not attend** the retreat if you have any Covid-19 symptoms.