

Gather Wellbeing Day - Welcome Pack

July 2021

About

We are so pleased to be able to host our favourite Gather Wellbeing day again this year!

Whether you're coming to meet the alpacas, get some fresh country air or hear a fresh take on cultivating tools to navigate a post lock down world with confidence and in your own way, join us in July for a day out to West Sussex.

We've curated a programme of inspiration and relaxation - we hope that you'll join us!

Agenda

- 08:45 Train from London Bridge*
- 10:00 Meet at Horsham Station to taxi to cottage together**
- 10:30 Welcome
- 11:00 Mind and Movement sessions: your choice of yoga or meditation
- 12:00 Wellbeing workshop: Part A
- 13:00 Lunch
- 14:00 Wellbeing workshop: Part B
- 15:00 Open Session: your opportunity to wander, journal, reflect and connect
- 17:00 Travel back to London

* For those travelling with us from London Bridge

** For those getting the train from elsewhere and meeting us at Horsham station

If you would like to drive directly there, please get in touch for the address and directions.

Mind and Movement session: Yoga with Lauren

Lauren will kick-off the day with an enlivening 60 minute yoga class. Beginning with a grounding breathing practice, she will centre us back into our bodies before we begin to move mindfully through a vinyasa sequence that will be suitable for all levels, including complete beginners. With space and time to move freely through the postures, she will ensure we connect inward but also arrive revived for the day ahead.

If you'd rather take this time to rest, relax or meditate, you're welcome to sit in on the yoga session and focus on the mind rather than the movement or find a quiet space in the shade to connect inwardly.

Wellbeing workshop: Emerging Out Of Lockdown With Healthy Boundaries and Calm Confidence

With lockdown restrictions slowly being eased, here in the UK, how do you feel about getting back out into the world?

Globally, we have all gone through a massive change. Though some people are excited about getting back to “normal”, many others are uncertain, confused and wonder what this would look like for them.

In this two-part workshop, Lillian Lartey will be sharing insight and practical tools we can all use to help us explore our “new normal”; navigating the new world and emerging out of lockdown with healthy boundaries, and calm confidence.

What to bring

- Comfy clothing
- A yoga mat (if you'd like to join the yoga session)
- Lunch
- Water bottle and/or mug
- Pen and journal
- Face mask and hand sanitiser

We will provide

- Morning and afternoon snacks
- Tea and coffee
- Return taxi from Horsham station (if selected at registration)

If you have any food questions or concerns, please get in touch at gatherwoman@gmail.com.

Travel

You have three options in how you get to the venue.

- **Meet us at London Bridge** - We'll meet at the departure boards on the concourse at 08:45. You will need to buy your own train ticket (off-peak anytime return) and ensure you have selected 'with taxi' on your registration for the event. We recommend letting us know that you'd like to travel with us so we know to look out for you on the day! Get in touch at gatherwoman@gmail.com.
- **Meet us at Horsham Station** - Depending on where you live it might be easier to get a train from elsewhere. In which you case, please meet us at Horsham station by 10:00. Make sure you've selected 'with taxi' on your registration for the event.

- **Make your own way** - If you're planning to drive, let us know at gatherwoman@gmail.com and we will ensure the address and directions are shared with you in advance. Please arrive before 10:30 and get in touch if you have any questions.

COVID-19 precautions: Keeping our guests and hosts safe

We ask all attendees to follow these precautions. Failure to do so may result in your being asked to leave.

- All workshops will be hosted outside.
- Access to inside the cottage will be limited to two at a time for use of the bathroom only.
- Snacks, sides and refreshments will be available. We ask you to please wear a mask whilst accessing the refreshment or food station.
- Regular hand washing or sanitising will be encouraged.
- BYO drinking vessel/s.

Host profiles

Rose

Our venue host, [Rose Kourie](#) is a trained Occupational Therapist and has started her own business with a focus on mental health. Rose is generously hosting us for our third summer well-being event at her cottage.

Lillian

[Lillian Lartey](#) helps busy, overwhelmed professionals and business owners dramatically reduce stress levels, and prevent burnout, so that they feel calm, balanced, and resilient in work and life. As a qualified Health and Well-being Specialist, and Work-Wellness Coach, Lillian has experience in the industry stretching over 20 years.

Based in the UK, Lillian's work has led her to speak at conferences, workshops, online platforms, radio and television media. She coaches clients in a one2one format, teaches group trainings for organisations, community and social networks, and is a published writer in Healthy Woman Magazine.

Lillian will be providing insights, as well as, sharing her knowledge and experience on what tools we can use to navigate our post lockdown world with confidence and in a way that best suits us. Further details shortly.

Lauren

Lauren teaches yoga to bring soulful movement and mindfulness to everybody. She leads Vinyasa flow classes that allow the body to move fluidly, empowering students to express poses in their unique way in a compassionate and fun environment. She specialises in teaching beginners, and it brings her so much joy to welcome every new student to the path that is yoga.

Her own journey to yoga teaching was deeply influenced by the Jivamukti school, and her classes encourage the mind, body and spirit into classes fully, ensuring the practice is beyond the physical experience. Extremely passionate about the benefits that meditation and modern mindfulness can offer, she also teaches meditation across London.