

# Return to The Source

Come home to your Self



29th - 31<sup>st</sup> May 2026



## Retreat Highlights

- Traditional Yoga
- Transformational Breathwork
- Ceremonial Cacao
- Meditation, Mantra and Kirtan
- Sound and Energy Healing
- Nourishing soul food

For more details and  
booking.....

Contact: Alex Mrowicki  
WhatsApp 07566 209476

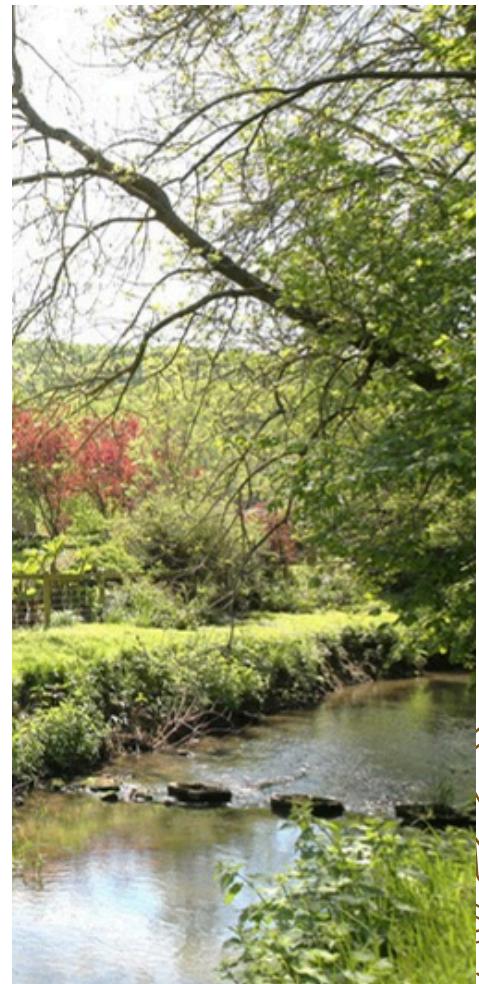
# Return to The Source

## An Invitation



Return to the Source is your invitation to pause. To step away from the noise and the pace of everyday life and reconnect with your sense of inner peace, clarity and belonging.

So many of us move through our days carrying more than we realise – trying to keep up with responsibilities while quietly feeling out of balance or out of touch with ourselves, feeling stressed, disconnected or longing for a deeper sense of meaning in life.



Over this nourishing weekend, you will be guided through practices that help calm the nervous system, soften the mind and open the heart, creating space for transformation in a way that feels grounded and safe.

Book a discovery call  
today....

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# Return to The Source

## An Invitation

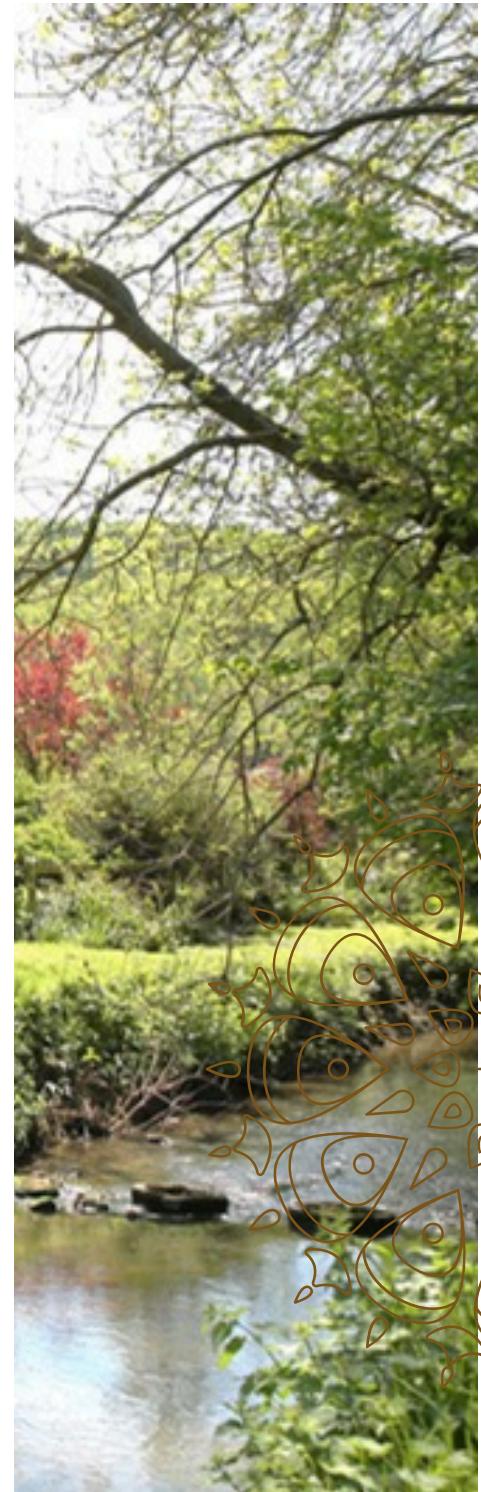
This retreat is designed to be accessible for everyone.

Whether you are new to Yoga and these practices or already exploring your own path of inner growth, you will be supported and held exactly as you are.

There is no level you need to be, no experience required, only a willingness to show up for yourself.

If you are longing for stillness, deeper connection or simply a moment to remember who you are beneath the stress of daily life, this weekend offers a place to land.

A place to breathe.  
A place to return home.



Reserve Your Spot Today!

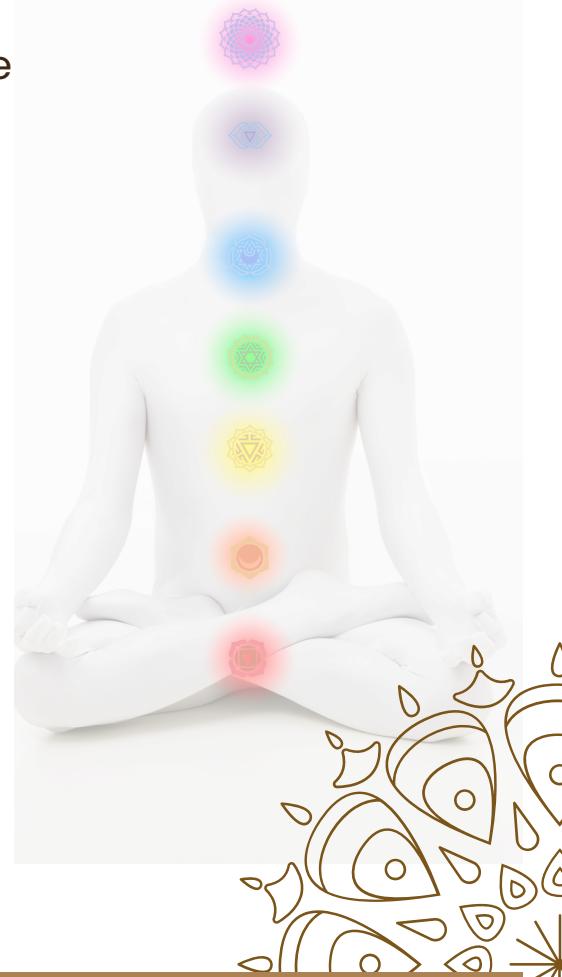
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## The Yogic Heart of the Retreat

Throughout the weekend you will be guided through a range of nourishing and transformative practices designed to support you in softening, opening and reconnecting with your true Self. Each session is held with care and intention, creating a safe space for you to explore your inner landscape at your own pace.

Rooted in Vedic wisdom, Yoga philosophy and modern science, all our practices will be strong and grounded, inspired by the principle of Sthira Sukha Asana – balancing steadiness and ease within the same posture. Through embodied movement, breath and focused awareness, you will be invited to explore your edge in a way that feels empowering, spacious and deeply connected to your inner strength.



In Vedic understanding, the human experience is described as being composed of five sheaths or layers, known as the Pancha Kosha. Starting with the outer physical body and moving inward through increasingly subtle layers: the energy or pranic body, the mental body, the wisdom body, and finally the bliss body at the centre of our existence.

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## The Yogic Heart of the Retreat

The practices woven through this retreat are designed to support this inward journey.

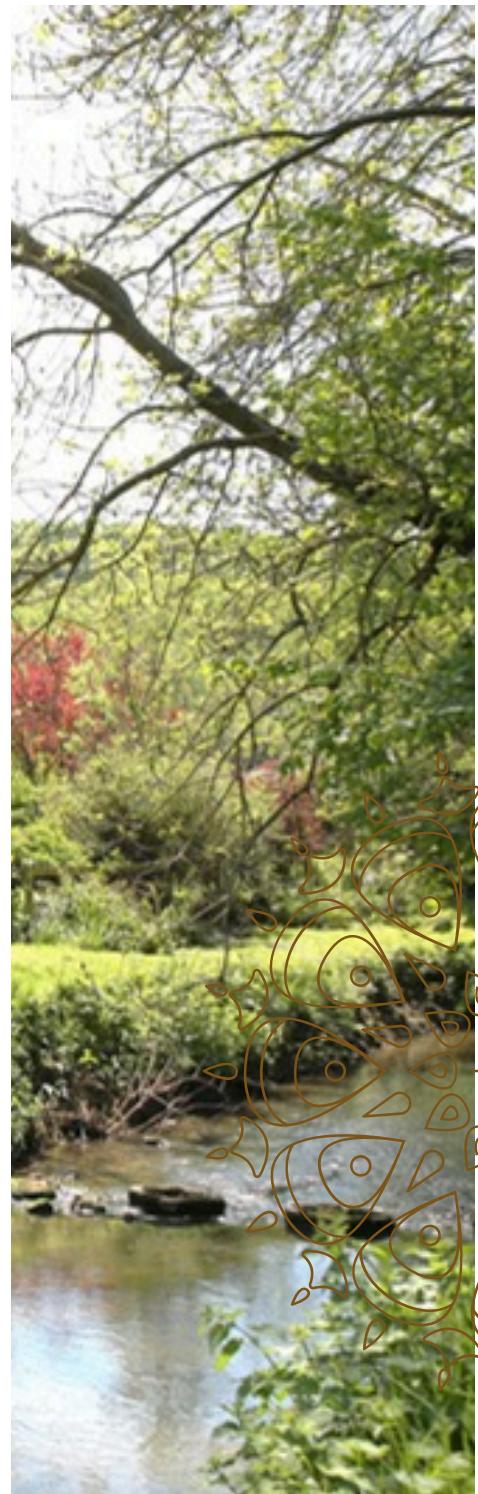
Breathwork opens the doorway to expanded states of awareness and emotional release.

Strong, embodied Yoga helps cultivate both steadiness and softness. Mantra, meditation, QiGong, sound and ceremonial cacao help clear the subtle channels of the body, inviting deeper insight and connection.

Each practice meets a different layer of your being, guiding you gently towards the centre of yourself.

This is not a journey of becoming someone new. It is a journey of remembering what has always been here.

By returning to this inner stillness and clarity, transformation arises naturally, not through effort, but through alignment with the truth of your own nature.



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## Nourishment

Food is an integral part of the retreat experience, and throughout the weekend you will be nourished with beautifully prepared organic vegan wholefood created by our in-house retreat chef, Alexis.

Each meal is crafted with care, intention and love, supporting your body as you journey through the practices and deeper inner work.

Expect vibrant, colourful dishes that nourish all the senses and bring you into deeper connection with your body and the natural world around you.

More information about the menu will be shared closer to the event, with options available for specific dietary requirements where needed.



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## The Venue

Eaton Manor is a 500-acre country estate and luxury retreat venue set deep in the heart of the Shropshire Hills.

We will have exclusive access to the banqueting hall, which serves as our sacred communal space for all group sessions and workshops. Opening directly into a private secret garden with uninterrupted views of the Wenlock Edge and the valley beyond, it offers the perfect setting to slow down, tune in and step away from the stresses and noise of daily life.



Accommodation is located on-site close to the banqueting hall and is divided between two properties, Manor House and Toad Hall. A selection of luxury twin or double rooms and single occupancy rooms are available, all en-suite, allowing you to choose the option that best suits your needs.

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## The Venue



Guests may also enjoy the estate's heated indoor swimming pool and on-site games room during free time across the weekend, offering opportunities to unwind, rest or simply enjoy lightness and play between the deeper sessions.



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## Meet the Team



### **Alex Mrowicki**

Basis Yoga and Breathwork  
Lead Facilitator and Host

A strong leader and steady space holder, Alex creates a safe, grounded container for healing, connection and transformation. He is a fully insured and qualified Yoga teacher, trauma-informed breathwork facilitator and an experienced guide of cacao ceremonies and Kirtan, founding the Rugby Kirtan and Chanting community in 2022.

Having lived through anxiety, depression and addiction, all rooted in a chronically dysregulated nervous system, Alex transformed his life through the embodied practices and ancient wisdom of Yoga.

He now weaves his deep knowledge and lived experience with Yoga, breathwork, mantra and meditation, drawing inspiration from Vedic wisdom, Yoga philosophy and modern science. His intention is to guide participants from the noise of the judgemental mind back to the clarity and inner wisdom of the heart.

Alex is also a passionate DJ, drummer and musician, bringing playful, rhythmic energy into the weekend to remind us not to take ourselves too seriously and to create space for joy, freedom and dance.



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### **Alexis Sinclair (Lex)** Lexi's Loving Spoonful Retreat Chef

We are incredibly fortunate to have one of the UK's most in-demand retreat chefs nourishing us throughout the weekend. She also happens to be Alex's partner in love and in life.

Alexis runs her independent catering business, Lexi's Loving Spoonful, where she shares her passion for food as an opportunity to share and celebrate love – both for ourselves, our bodies and one another.

Using organic whole foods that truly nourish the body, every dish she creates is infused with intention and playful creativity, transforming food into a joyful experience that is felt as much as tasted.

Alongside her culinary gifts, Alexis is trained in Auric Field Regeneration and is a devoted explorer of both Buddhist and Daoist wisdom and practice.

She will also be offering a QiGong movement session and energy healing support as part of the retreat.

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## Meet the Team



### **Julie Mrowicki**

Little Brown Bottles

Sound, Aromatherapy and Reiki Healer

We are equally blessed to have Alex's sister, Julie, joining us to offer sound healing, aromatherapy, Reiki and energetic support throughout the breathwork sessions.

Julie is an exceptional space holder, regularly guiding women's circles, cacao ceremonies and Kirtan within the Rugby Kirtan and Chanting community.

She will be holding a restorative sound bath during the weekend, inviting you into the healing resonance of her instruments and voice.

Everything Julie offers is infused with love, knowledge and her deep passion for the transformative power of essential oils, which will weave gently through the space.



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## Investment and Booking



### **An Investment in Your Growth and Wellbeing**

This retreat is designed to be a deeply transformative experience. It is an investment in your healing, your inner growth and your long-term wellbeing.

The pricing reflects the quality of the venue, the nourishing wholefood menu and the depth of expertise, intention and care that goes into holding a safe and meaningful container for this level of work.

All prices include en-suite accommodation, all meals and snacks and the full retreat programme.

#### **Shared Twin Room or Double Room**

**£895 per person**

This rate applies to solo participants who are happy to share. Friends or partners attending together are invited to book together and use the Shared Journey pricing.

#### **Single Occupancy Room**

**£1,195 per person**

For those who prefer privacy and personal space between sessions.

#### **Shared Journey Pricing**

Transformation is often deepened when shared with someone you trust. If you attend with a friend, partner or family member, the Shared Journey pricing of **£825 per person** applies when booking together into a shared twin or double room.

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## Investment and Booking



### Payment and Plans

A **£150** non-refundable deposit is required per person to secure your place. The remaining balance is due four weeks before the retreat.

If you wish to settle your balance sooner, a **£50** appreciation discount is offered for any booking paid in full within seven days of placing the deposit.

Payment plans are available for those who prefer to spread the cost. Please contact me to arrange a plan that feels supportive and manageable.

### What's Included

- Two nights luxury accommodation at Eaton Manor
- Organic vegan meals and snacks prepared with intention
- Strong embodied Yoga practices
- Conscious Connected Breathwork
- Mantra meditation and sound healing
- QiGong energy cultivation practice
- Ceremonial cacao
- Somatic movement and dance
- Restorative Yoga Nidra supported by sound
- Use of communal spaces and the private secret garden
- Access to the heated indoor swimming pool
- Access to the on-site games room
- A deeply held, safe and supportive group environment

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Investment and Booking



## Opening and closing ceremonies

The opening ceremony will start at **4pm** on the Friday, guests are invited to arrive on-site from **12pm** to allow plenty of time to settle in before we start.

The closing ceremony will end around **4pm** on the Sunday

## How to Book

To reserve your place, please contact me directly via WhatsApp. We will confirm availability, answer any questions and provide the payment details for the deposit and remaining balance.

WhatsApp: 07566 209476

You will receive a welcome pack with full retreat information, what to bring and how to prepare for the weekend closer to the time.

## Spaces Are Limited

To maintain a deep, safe and supportive group environment, places are intentionally limited. If you feel called to join us, we encourage you to reserve your place early.

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