

## The Lakes by yoo



### Retreat the way yoo like it.....

#### **A Bespoke Retreat - What you need, when you need it**

The Lakes by yoo are delighted to announce the latest in a number of Retreats, an entirely Bespoke Wellbeing break, created and hosted by the superb Katie Brighton-Jones. Everything is flexible to suit your requirements and diary.

Bookable for groups of 4 or more, either as a 3 night, 4 day midweek retreat, or a 2 night, 3 day weekend retreat, Katie's Bespoke Wellbeing plan allows groups of guests to tailor the experience to suit perfectly to their needs. Retreats can be based around health, wellbeing and fitness and can be as full-on or relaxed as guests wish. All bespoke retreats are fully catered, inclusive of a 60 minute treatment each, and as much wellbeing as guests fancy.

Designed around the group's needs, The Lakes by yoo bespoke wellbeing breaks are a flexible way of enjoying a restorative and personalised retreat. The bespoke host, Katie Brighton-Jones, will tailor the retreat to each group individually. Katie is a brilliant personal trainer, yogi & nutritionist, and specialises in Yoga & Pilates, Core Strengthening, HIIT Training & Bootcamps, Functional & Corrective Movement. Not just that, Katie is also a talented chef & nutritionist, and will host the entire retreat for each group, serving up delicious menus that can be as health focused (or as indulgent) as you wish. Think Sweet Potato Pancakes with Blueberries & Bananas or Ricotta, Maple Syrup Poached Eggs & Smashed Avocado with Chillis, Mixed Seeds & Sourdough Celeriac & Kale Carbonara Beetroot or Lentil & Rocket Salad Ribeye Steak. Allergies and intolerances can be catered for and guests can join in and learn recipes to take home or relax and unwind while everything is prepared for them.

Dates are completely flexible to suit guests' diary and offer a truly bespoke retreat option to cater for those with a busy diary in need of some bespoke wellness.

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**Notes to editors:**

**Bespoke Retreats**

Discover the brochure, complete with some sample dishes and a suggested itinerary [here](#).

2 Night, 3 Day Weekend Retreats - Prices start at £650 per person, based on 10 guests (double occupancy)

3 Night, 4 Day Midweek Retreats - Price start at £800 per person, based on 10 guests (double occupancy).

Prices include all meals, but exclude drinks which can be purchased through the honesty bar. Prices include all activities & 1 hour of treatments per guest. Prices are based on accommodation in 'Fabulous' properties, with other options available.

**For media enquiries, images, press visits please contact**

Mara Unsoeld, Group PR and Marketing Manager at [mara@yoohotels.com](mailto:mara@yoohotels.com) / +44 (0) 1367 254260

More information on the The Lakes by yoo can be found here: [www.thelakesbyyoo.com](http://www.thelakesbyyoo.com)

More information on the Wellness by the Lakes retreat can be found here: [www.thelakesbyyoo.com/wellness-by-the-lakes](http://www.thelakesbyyoo.com/wellness-by-the-lakes)