



Getaway into Nature – Yoga Day Retreat 2027

Friday, 22nd Jan 2027

With Flora & Stanford
At Haymans Farm



Welcome

We are excited that you are joining our day retreat at Haymans Farm. We promise to provide an unforgettable getaway into nature and stillness. Here is a little more about our host Flora and Stanford before we embark on this retreat together.



"Hello, I'm Flora. I live and work on Haymans Farm. I love cooking for other people and bringing people together around food. I'm particularly interested in how healthy soil, good food and eating together can contribute to our health and wellbeing. I'm happiest outdoors, but I also love a good book and, when time allows, travelling."

"Hi, I am Stanford. I am a Yoga therapist and Yoga teacher, trained in the lineage of T.K.V. Desikachar. I am also a qualified medical doctor working in mental health, with a special interest in Women's health. A bit of a bookworm and foodie, I love art, watching movies and live performance. I am also a co-host on the "Yoga & Health Podcast"

Website: haymansfarm.co.uk

Email: info@haymansfarm.co.uk

Website: drstanfordwong.com

Email: stanford@drstanfordwong.com

Bring along your Yoga mat, walking shoes, favourite jumper and blanket (maybe even a bolster and blocks), and let's getaway into nature together.

Location

Haymans Farm, Shillinglee Road, Plaistow, RH14 0PQ

“Haymans Farm is a pasture farm and certified biodynamic market garden growing seasonal and organic food and flowers. Set on the edge of the South Downs, the farm has been the hub of the family for nearly 50 years, with sheep grazing and haymaking the mainstay of farm life.

Encouraged by the potential of regenerative practices and increasing evidence of a crucial link between the nutritional quality of our food and healthy soil, the farm's focus has shifted. We are now a small team striving to grow nutrient dense food in rich soil in a sustainable environment where pasture-fed animals thrive.”



To find out more about Haymans Farm, please visit:

<https://www.haymansfarm.co.uk>

Direction & Travel Options:

By Car:

- Enter “Haymans Farm RH14 0PQ” into your navigation system/app, and it will bring you straight to the farm’s doorstep. **The postcode alone will take you beyond the location and you might miss the entrance.**
- Or use what3words <https://w3w.co/coached.nearing.contained>
- Or use geographic Coordinates: 51°04'19.3"N 0°36'12.9"W

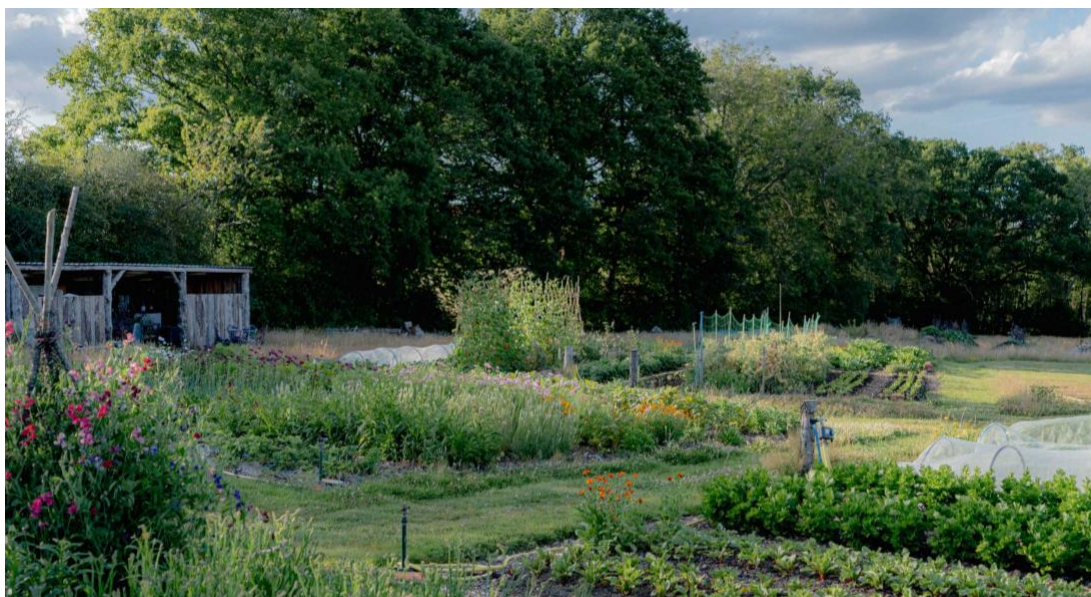
By Train: 2 train stations are short drive from the farm. A taxi or pick up can be arranged from:

- Haslemere (13 minutes’ drive to Haymans Farm); 50 minutes from London Waterloo via South Western Railway
- Bilingshurst (17 minutes’ drive to Haymans Farm); 70 minutes from London Victoria via Southern.

If few people are coming via train, we can co-ordinate a taxi or pick up from the station to minimise our Carbon footprint.

Proposed Timetable for the day

We welcome arrival from 9.30am onward to allow for a 10am start



10.00	Warm introduction to the beautiful location and with each other
10.15	Morning Yoga Practice led by Stanford (~1.5 hours)
12.00	Vegetarian lunch, expertly prepared by Flora with seasonal produce from the farm and locally sourced, ethical ingredients
13.00	Guided walk with Flora around the farm, along public footpaths, through woods and to the local lake. We will share the ethos behind biodynamic farming, some local history and what the changing season look like in this part of England *If weather does not permit the guided walk, or if anyone would prefer not to take part, there will be an option to stay indoors. You can enjoy a cosy cuppa in the Barn, on a comfy sofa beside the wood burner.
14.30	Afternoon Yoga practice led by Stanford (~1 hour)
15.30	Tea or coffee & cake in the Barn
From 16.00	Closing and goodbyes

*We ask for your understanding if the timetable varies on the day itself, as we may adjust according to weather and the group's preference.



“The Barn is a place of gathering, where food is relished, learning takes place and community is forged. The Barn is intrinsic to the farm’s aims and aspirations, attesting that food can be our medicine – a message we want to revive and celebrate!”



The farm-sourced lunch will be expertly prepared on site, using seasonal vegetables and locally source and ethical ingredients. **If you have any dietary requirements and/or allergies, we ask you to kindly let us know when booking and ahead of your arrival.**

Pricing

£95 per person

- A non-refundable £35 deposit is required to secure the place. The balance must be paid by 11th of December 2026.

Early-bird discount: A £10 discount is available if payment is made in full by 22nd of October 2026. Please let us know when booking if you would like to take advantage of this offer.

Payment is currently by bank transfer. Please make payment to:

- Account holder: Chun Yin Wong
Sort Code: 60 84 07
Account Number: 3239 1704

Disclaimer

All deposits and other payments received are non-refundable. Our early-bird discount applies only where payment is made in full by 22nd of October 2026. Full payment is required by 11th of December 2026. Otherwise, your space may not be guaranteed.

Communications between us are confidential and we will take all reasonable steps not to disclose your personal information. The only exceptions are where disclosure is required by law or is necessary for the internal operations of our businesses.

Services are provided with professional care and skill. Foreseeable risks include injuries, allergies, and intolerance. We kindly ask you to tell Stanford and/or Flora about any physical and/or mental health condition that may be relevant. This will allow us to make reasonable adjustments to the practices, meals and activities planned. Of course there is no obligation to disclose a condition. However, if you choose to do so, we would ask you to self-adjust the practice to your own limit and we will not be responsible if any injuries and untoward effects.