

Yoga & Nature Weekend Retreat

A weekend retreat in Sussex with Tammy and special guests!
11th to 14th September 2026 - [Booking Form](#)



Kind Heart Yoga
with Tammy

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Kind Heart Yoga
with Tammy

What to expect

A weekend in nature and community, with easeful yoga practices, to explore and experience connection, joy and relaxation.

- 4pm Friday 11th September - 3pm Sunday 13th September 2026
- Morning and afternoon yoga with Tammy
- Restorative evening practices
- Relaxing Harp sound bath with Svenja
- Discover the land with Tess, a qualified herbalist
- Nourishing and hearty vegan food
- Private woodland and rolling hills
- Camping in a dedicated quiet field or a private room, either in the retreat centre or in a community house.



Venue

Laughton Lodge, a hidden gem in East Sussex, just 16 miles from Brighton. This community-owned space is set in its own expansive countryside, with adjacent woodland so you can wake up to the sound of birds.

You'll practice yoga in a sunny wide room overlooking the countryside, and relax in between sessions in the dining room, with sofas, woodburners and views across the meadow towards the South Downs.

There are newly refurbished indoor showers and toilets, and a quiet 'snug' with sofas and views.

Outdoors, we can gather round the fire pit as the night returns, and solar lanterns guide you back to your camp.

Read more here www.laughtonlodge.org/



Accommodation

Camping - Bring your own tent and equipment, make your set-up as luxury or back-to-basics as you like. You will have 24-hour access to the indoor kitchen, snug and dining room, and bathrooms, meaning you can go to bed with a toasty hot water bottle, and enjoy a hot shower when you wake up. The camping area will be a quiet space.

Rooms - A small number of basic private rooms are available on a first-come, first-served basis within the retreat centre. If the rooms are full and you would prefer not to camp, there is an option to stay in a private room in a community house (minutes away from the retreat centre). Please indicate your preference on the [booking form](#).



Yoga space

The yoga happens in a light, wooden floored, spacious room with views of the meadow. Mats and props will be provided.

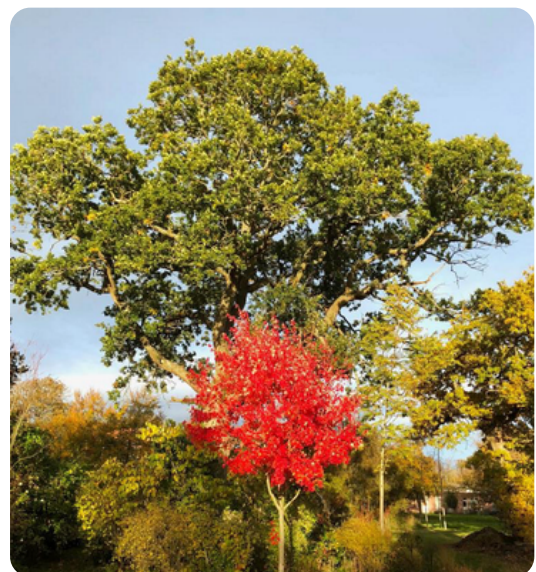


Getting there

Laughton Lodge is on the outskirts of a small village in East Sussex, 16 miles from Brighton. The nearest train stations are Ringmer (less frequent) and Lewes (more frequent), with the option of a bus (less frequent) or short taxi ride. There is ample parking.

I will arrange a WhatsApp for lift shares and taxi groupings a few weeks before the retreat.

Venue address: Laughton Lodge, Common Lane, Laughton, Lewes, BN8 6BY



Practices

Yoga

Tammy is an experienced and established yoga teacher and yoga therapist. Her offerings include Vajrasati yoga (an explorative and playful practice), therapeutic yoga for nervous system regulation, outdoor yoga, meditation, and reflective practices. Tammy weaves her long commitment to mindfulness, kindness and meditation into her sharings, and her warm humour creates a lightness that gives freedom to find your own practice.



Tammy has held many workshops and retreats and will be holding the weekend with accessible yoga practices for a range of bodies. She is skilled in adapting practices for different needs, preferences and energies, and will take time to explore variations that suit how you are feeling that day.



Tammy's classes will include a mix of yoga postures, somatic practices,, breathwork, sound, and meditation with yoga philosophy woven throughout.

The booking form has space for you to share any needs, questions or concerns you have, which Tammy will be happy to discuss with you.

www.yogawithtammy.co.uk



Herbalist Walk

Tess Garrett (Wildrooted Remedies) will also join us for an extended outdoor practice. Tess is trained in the Western herbal medicine tradition and mostly uses plants grown and harvested in the UK.

She is passionate about sharing the love of herbs to enable people to recognise the plants around them and identify which are safe to harvest sustainably for food or as medicines. Tess will lead us on a herb walk around the land.



Harp Sound Bath



Svenja will join us for a session to share this meditative practice. You will be taken on a musical journey where the melodies will be weaving through the traditional musical strands of relaxation, contemplation and peace. The music is played gently and can touch us in deep places that can offer healing and transformation of body and mind.

Food

Important! You will feel nourished and well-fed. All meals are provided and will include:

*Breakfast: self-serve with muesli, toast & fruit options.

*Lunch: nourishing and filling homemade soups, stews and salads

*Dinner: warming stews and curries

*Homemade cakes and energy balls

*Tea and coffee available all day

*Fruit is available all day

All food is vegan. Please include any dietary requirements in the booking form. You are welcome to bring extra snacks!



Schedule

Approx (timings may change).

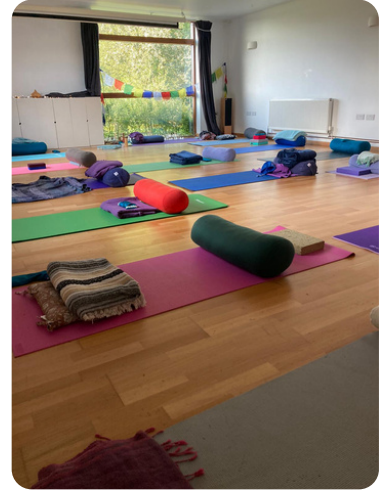
Friday

4pm arrive

5pm gentle yoga practice

7pm dinner

8.30pm harp meditation with Sveja to lead you to a restful sleep



Saturday

8am breakfast

9am gentle wake-up yoga

12.30 lunch

2pm nature connections

5pm yoga

7pm dinner

8.30pm restorative yoga and self-care practices



Sunday

8am breakfast

9am gentle wake-up yoga

10.30 herbalist walk with Tess

12.30 kindness meditation

1.30 lunch

3pm leave



Booking form

The price includes everything for the weekend, all classes and teachings, accommodation, access to the grounds, food, drinks and snacks.

You can book your place with a non-refundable deposit of £75, or payment in full. The full price is as follows:

Early Bird Camping: £280

Early Bird Room: £360

Standard Price Camping: £310

Standard Price Room: £390

The rooms are allocated on a first-come, first-served basis, and once the rooms in the retreat centre are full, there is the option to book a private room in one of the community houses (minutes away from the space) you will still have access to everything in the retreat centre. Please let me know if you want more information.

Early Bird is available until the 1st June.

Full payment must be made 6 weeks before the retreat (I will send out a reminder). If you would like to discuss paying in instalments, please indicate this on the booking form or get in touch.

Following booking, you will be contacted by email with additional details.

Booking & payment

Please complete the [Booking Form](#) if you can't access the form please let me know- hello@yogawithtammy.co.uk