

Four Sides RESET Retreat

When: 23rd - 25th January 2026

Where: Burningfold Manor,
Plaistow Road, Dunsfold, Godalming, Surrey, GU8 4PF

What: Relax, reset & switch off in the countryside for a long weekend. Let us take care of everything! We will;
Stoke your fire with empowering Pilates & strength sessions;
Nourish your body with delicious, energy boosting meals;
Boost your immunity & resilience with refreshing swims;
Calm & focus your mind with reflexology & breath work;
Treat your hard working muscles to a massage & recovery.

Reset your body & your mood & set good intentions for living.

Hosts: Megan & James Vickers

Travel: 45minutes by car from SW London, direct trains from Clapham Junction to Witley, transfers can be arranged





Four Sides RESET Retreat

Less than an hour from London is this perfect location for a winter retreat - Burningfold Manor. Just as you'd expect of one of Henry VIII's hunting lodges; there's open fires, huge dining rooms, beautiful gardens & indulgent bedroom suites - perfect for getting cosy & lighting up a grey January!

We will start our days with a fiery pilates class, warming you up from the inside & setting intentions for the rest of your day. For the brave hearted we will follow this with a cold water plunge - the perfect recovery tool & immunity boost!

Big brunches will be served in the manor house, with coffee, juices & chats to linger over. With the emphasis on going slow - the best meal of the day won't be rushed!

When you're ready we will offer up massages, walks & tennis to workshops to make the most of this "you-time". Before a late afternoon strength session, reflexology & breath work workshops to fill up your cup & re-set that work:living balance.

What's included?

2 nights accommodation in your own room,
or suites are available to share.

All your meals across 3 days.

An hour long massage for everyone.

4 exercise sessions including: Pilates & Strength.

1 Yoga & breath work workshop.

Swimming pool for cold water plunges / swims.

Optional tennis, walks & running.

Plenty of rest & recovery.





The Itinerary: Day 1 – Friday 23rd

Arrive anytime from 2pm & start your weekend off right with a **massage or relaxing countryside walk**.

A fireside **Pilates class** with Meg will challenge & rebalance - working on your strength balance & control before finishing with some **fire-lit relaxation**.

Pre-dinner zero cocktails & nibbles. We want you to recover from your work week & sleep well, so that means no alcohol but some delicious alternatives.

A **delicious, nourishing dinner** will be served around a big communal table in the Manor House.

Early bed time & indulging in peace in your beautiful bedroom.

Day 2 – Saturday 24th

Early risers can enjoy a coffee & **healthy breakfast snacks** of fresh fruit, smoothies, ginger shots & homemade protein balls.

A 90minute **Pilates HIIT & Strength class** in The Old Library, followed by an (optional!) **cold water plunge**, or full swim in Burningfold's outdoor pool.

A long lazy brunch by the Aga.

Eggs, veggies, James's sourdough, shakshouka, granola, yoghurt & fruit.

In the afternoon there will be **massages, tennis & guided walks** on offer. Or you can choose to relax, cosy up & make the most of Burningfolds facilities.

Your second session of the day will be a 45minute **Pilates flow**. Followed by a restorative **Yoga & breath work workshop**.

A delicious, nutritious **3 course dinner** (with wine), all together in The Manor House.





Day 3 – Sunday 25th

A slower start allows for a coffee in bed before a light **healthy breakfast** of fresh fruit, smoothies, ginger shots, homemade protein balls, James's sourdough & nut spreads.

A 60minute **Pilates balance class** in The Old Library, followed by an (optional!) **cold water plunge**, or full swim in Burningfold's outdoor pool.

The last chance for a **massage, tennis hit, brisk walk or run** before lunch.

A delicious warming & wholesome **lunch** will be served before we leave.

2pm - say our goodbyes & head for home.

Where You'll Stay

8 bedrooms, all with King / Super king beds
for 1 person to enjoy.

4 luxurious suites intended to be shared with a friend or partner.

Every room has it's on bathroom with a bath or shower, (most
have both).

All linen & towels are provided.

Rooms are split between the Manor House and adjacent,
equally luxurious, Coach House.



Cost & Booking

Double room, 1 person £900

Suite, 2 people £775 per person

(Additional 1:1 reflexology & massage sessions available on request at an extra cost)

50% non-fundable deposit required to reserve your spot.
Final 50% due 1st December 2025.

For more information or to book your place please.
email Meg at: retreat@foursideslondon.com

Rooms will be allocated on first come basis, but I promise,
all are wonderful.

We cannot wait to take you here & make some memories!
Megan & James xx



F O
U R