

SOUTH LODGE



NATURE IMMERSION ESCAPE

Switch on your senses and connect to the natural world

26th - 27th April 2025

5th - 6th July 2025

4th - 5th October 2025

Brighton Road, Lower Beeding
Horsham, West Sussex RH13 6PS
exclusive.co.uk/south-lodge





A WEEKEND OF CALM

Immerse yourself in the healing power of nature with our expert guide

Experience the ancient Japanese practice of Shinrin-Yoku, or forest bathing, at South Lodge, a luxury retreat in the heart of Sussex. Nestled within 92 acres of breathtaking countryside, South Lodge offers the perfect setting to reconnect with the natural world. Guided by our expert, Helena Skoog, this transformative weekend invites you to embrace nature immersion and the art of mindfulness and breathwork, amidst serene woodlands.

Proven to ease anxiety, depression, and tension, forest bathing encourages you to slow down, awaken your senses, and find balance in the calming embrace of the forest. Between meditative walks, indulge in South Lodge's luxurious amenities, including a state-of-the-art spa and a tranquil wild swimming lake.

Rediscover harmony, restore your inner calm, and let nature help you feel naturally you in this truly enriching escape.



Shinrin-Yoku guide... Helena Skoog

Helena Skoog is a leading expert in forest bathing and mindfulness. Born and raised in the Swedish wilderness, she brings a deep connection to nature and its healing powers. Trained in creating forest medicines and tinctures using traditional methods, she incorporates sound, light, colour, and movement to deepen the connection between nature and wellbeing.

SATURDAY

10am – Meet at Botanica, South Lodge Spa

Enjoy a warm welcome and refreshments in Botanica, where our host will introduce Helena Skoog to the group, talk through the experience and goals of the day ahead.

11am – Qigong and Breathwork – Restore and Rebalance

To begin your learning, Helena will guide you through a restorative session of Qigong and breathwork. This ancient Chinese practice combines gentle movements, breath control, and meditation to enhance energy flow and restore balance. The session will help harmonise your parasympathetic and sympathetic nervous systems, calming the mind and easing the stresses of daily life.

1pm – Light lunch, Botanica

Soak up stunning views of the South Downs while enjoying a delicious two-course lunch, featuring the best local ingredients and the day's harvest from our walled garden, plus an indulgent sweet treat. A mind and body-boosting tincture is also included, chosen to complement how you're feeling on the day.

2.30pm – Forest Walk – Connect with Nature for Lasting Balance

After lunch, it's time to head outside for a guided forest walk, where Helena will facilitate an immersive experience, helping you connect with the forest's natural languages of renewal, growth, change, and impermanence. During the walk, you'll learn techniques to calm and manage stress and anxiety, deepening your connection to nature's restorative power, and empowering you with lasting strategies for inner peace and balance to take forward with you.

4.30pm – Evening as you choose!

As your time with Helena comes to a close, why not extend your relaxation with a visit to the spa? Treat yourself to a calming treatment and let your new mindful practices sink in. And when tummies start rumbling, there's three wonderful restaurants to choose from – Botanica for Mediterranean-inspired dishes, Camellia for elegant fine dining, or The Pass for a blow-out Michelin-starred tasting menu. Or you're welcome to enjoy relaxed dining in our bar.

SUNDAY

7.30am - 11am - Breakfast or brunch

Start your day how you like, heading to Camellia for a traditional English breakfast, or to Botanica where you can enjoy a range of brunch style options until 11am. Or if you fancy spoiling yourself, you're welcome to order breakfast in bed, making the most of your room until check-out.

7am - 2pm - Spa access

Whilst check out of your room at the hotel is by 11am, you've got full access to the spa until 2pm. You can unwind in the sauna, steam rooms, infinity pool, outdoor vitality pool and wild swimming pool at your leisure. Or join one of our classes like a rejuvenating yoga session or wild swimming class in the cold-water lake for a truly invigorating experience. If you're feeling adventurous and want to take your new mindful practices for a test ride, why not head back outside for some more nature immersion? Explore our 92 acres of beautiful grounds, with walking maps available at reception. Whether you choose to relax, explore, or reconnect with nature, the day is yours to enjoy.



THE DETAILS

When can you book?

Saturday 26th – Sunday 27th April 2025

Saturday 5th – Sunday 6th July 2025

Saturday 4th – Sunday 5th October 2025

Your Nature Immersion Escape includes:

- Full day of coaching with Helena Skoog
- Tea, coffee and pastries on arrival
- Light lunch in Botanica restaurant
- Overnight stay in room of your choice
- Breakfast or brunch
- Full access to the spa until 2pm Sunday

Optional extras during your stay:

- Book a spa treatment for ultimate zen – [click here to view our treatments](#)
- Enjoy dinner at one of our restaurants – [click here for our dining experiences](#)
- Book one of our Sunday fitness and wellbeing classes – just ask when booking

From £615 for one, £815 for two, per room

[Click here to book](#) or call 01403 891711

Optional extras are subject to availability and will be charged as taken. This experience is for ages 16+ and may not be suitable for those with health conditions, contact us for more details.

