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# Relax and be Pampered

Linda Kerrigan enjoys her first yoga pamper day at Lewdon Farm



Just as my daughter had been bemoaning her lack of 'me' time, I heard that there were places on a yoga pamper day. My daughter had never tried yoga before, whereas I am a regular at a weekly class, but I convinced her to come along with me one Saturday.

We were very excited, but maybe a little nervous, as we followed directions to Lewdon Farm, a delightful whitewashed farmhouse set in beautiful gardens near Cheriton Bishop. We were greeted by Lynda Dodgeon, who led us into her lovely farmhouse kitchen, where we joined the rest of the group for a welcome cup of tea. When we all introduced ourselves, we were reassured by how friendly everyone was and what a great mixture of people we were to spend the day with, eight of us in total.

After a relaxed start to the day, Jenny, who was to lead the two hour yoga session, and Lynda, led us to the yoga studio in the beautifully restored Devon barn. The barn also contained an area for relaxing, showers, toilets, steam room and

two treatment rooms. The mats were laid out ready for us and Jenny led us through her carefully planned sequence of postures, being mindful of our differing experiences and bodies. There was an emphasis on relaxation and meditation, which allowed the stresses and strains of the world outside the barn to fade away.

As we roused ourselves from the final

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relaxation Jenny told us we had all earned our lunch, which Lynda had been preparing, and probably still slightly dazed, we made our way back to the kitchen, where a feast of homemade soups and bread awaited us, followed by more beautifully cooked and healthy homemade fare.

After lunch, we all chose one therapy from the menu: reflexology, Indian head massage or aromatherapy massage with Lynda and her colleague Theresa. I chose aromatherapy, while my daughter signed

up for Indian head massage. We both agreed that they were amazing, giving us 45 minutes of sheer indulgence, after which we felt great. Our next port of call was the steam room, ridding our bodies of any remaining toxins, before drifting towards the hot tub, which was in a summer house in the garden. We sat chatting as we bubbled away enjoying the view of the Devon countryside. What a great way to spend the afternoon.

We ended our day as we had started it, in the kitchen with a cup of tea and a chocolate oat bar. Then we

headed for home relaxed, rejuvenated and renewed in both body and spirit. □

Places still available on 26 May, 9 and 23 June, 14 July. Half days and full days can be tailored to the client's wishes so please call Lynda Dodgeon to discuss. £60 per person. Contact: 01647 24236 [lynda@lewdonfarm.co.uk](mailto:lynda@lewdonfarm.co.uk) [lewdonfarm.co.uk](http://lewdonfarm.co.uk)