

ZEN MAITRI SERVICES

BREATHWORK, PRANAYAMA AND MEDITATION GROUP CLASS - Maximum 8 students per class

£20 FOR ONE CLASS · £85 FOR FIVE CLASSES · £150 FOR TEN CLASSES · 60 MINUTE SESSION

Modern life doesn't always give us time for moments of peace and clarity. During this 60 minute breathwork, pranayama and meditation class, Laurent Roure will guide you through a collection of breathing, mindfulness and relaxation exercises to slow the world down and leave you feeling grounded.

Our group classes teach the foundations of each practice, combining the ancient arts of pranayama and meditation with modern, secular approaches to breathwork.

Practitioners of all levels are welcome and each student will be closely supported in a friendly and positive atmosphere.

The continued practice of the skills you learn here can help you better manage stress and anxiety.

BREATHWORK, PRANAYAMA AND MEDITATION ONE TO ONE CLASS

£120 PER CLASS · 60 MINUTE SESSION

Taking the time to relax and find serenity isn't something we prioritise, despite its importance to our health and wellbeing. Once or twice a year we might take a break from the world, but annual holidays shouldn't be the only way to find an oasis of calm.

Our One to One Breathwork, Pranayama and Meditation classes combine breathing and mindfulness exercises to provide you with exactly that.

First, our teacher Laurent Roure will take the time to understand your circumstances and goals. Then, whether you are a beginner or more experienced, he will guide you through the next stage of your personal practice.

Our private sessions are informative and engaging. Laurent is on hand to build upon your existing foundations and help you change your life for the better.

BREATHWORK, PRANAYAMA AND MEDITATION GROUP COURSE - Maximum 8 students per class

£150 · 6 WEEKS · 90 MINUTE SESSION PER WEEK

Our Breathwork, Pranayama and Meditation Group Course is open to all, whether you are eager to try something new or familiar with the practices involved. It's for anyone searching for clarity and new ways to live better.

This foundation course introduces the basics of breathwork, pranayama and meditation in a welcoming environment. Our modern teaching style ensures that learning each technique is a relaxing and accessible process.

We've created a space in which students feel comfortable challenging themselves and trying new things. Our experienced teacher will be on hand to guide you through every step of the way, as you learn a range of empowering techniques and put them into practice.

FAMILY MEDITATION CLASS - Maximum 8 family members

£150 PER CLASS · 60 MINUTE SESSION

Finding the time to relax and explore new things together is a challenge every family faces.

Our Family Meditation class is a fun way to introduce children and adults of all ages to something a little different. Led by Laurent Roure, each class focuses on a range of breathing and relaxation exercises that teach you to let go, still the mind and put stress and anxiety to one side.

Family Meditation is a great way for families to spend time together while developing skills that improve resilience and support mental health and wellbeing.

Children over the age of five are very welcome.

HERBAL CONSULTATION

£100 FOR INITIAL CONSULTATION (60 MINS)

£80 FOR FOLLOW UP CONSULTATION (45 MINS)

Herbal remedies have been used across different cultures for thousands of years. They are made exclusively from plants and can be used to treat people of all ages. Our herbal consultations bring that tradition into the 21st century.

A Herbal Consultation involves one of our medical herbalists learning as much as possible about your medical history, diet and lifestyle. They will then draw up a prescription and can customise products that are tailored to you.

Many of our bespoke herbal products can be taken orally, including tinctures, teas, syrups, powders and capsules. Others are for applying externally, such as our handmade creams and ointments.

NUTRITION CONSULTATION

£100 FOR INITIAL CONSULTATION (60 MINS) · £80 FOR FOLLOW UP CONSULTATION (45 MINS)

A consultation with our resident nutritionist gives you the opportunity to explore the impact your diet is having on your health and wellbeing.

You will be asked to complete a health questionnaire and food diary. Our nutritionist will then look into the factors affecting your weight, BMI and more, before identifying attainable goals and guiding you forward.

If you approach us with a specific concern, deficiency or intolerance, our nutritionist will develop a personalised plan to address the challenges you face and lay out the options, which could include recommendations for bespoke herbal products, alternative dietary approaches and supplements.

ZEN MAITRI WELLNESS CONSULTATION

£150 FOR INITIAL CONSULTATION (90 MINS) · £110 FOR FOLLOW UP CONSULTATION (45 MINS)

The Zen Maitri Wellness Consultation combines our expertise in herbalism and nutrition to provide a rounded service that's tailored to your needs. Our resident herbalist and nutritionist will work together to assess your health and wellbeing from a holistic perspective.

As part of your first consultation, we will try to learn as much as possible about your diet, medical history and lifestyle. This assessment will highlight the areas where a different approach to nutrition, combined with herbalism, could help you make positive changes.

Together they will prescribe bespoke herbal products alongside a diet and lifestyle plan.