

The Happy Mind Retreat with Emma Slade

23rd October – 26th October 2026



A Buddhist inspired retreat at the beautiful **Knowlton Court** with Emma Slade, Ani Pema Deki.

This retreat offers a gentle and meaningful space to explore what true happiness really is. Guided by Emma, a fully ordained Buddhist nun whose teaching is shaped by lived experience, deep study and years of monastic training within the Tibetan tradition, this retreat shares authentic Buddhist practices in an accessible and compassionate way. Through breathwork, mantra, meditation and reflective guidance, participants are supported to calm the mind, open the heart and cultivate greater ease in everyday life. Open to all, this retreat welcomes both beginners and experienced practitioners who feel drawn to a sincere, grounded approach to wellbeing and spiritual practice.

The Venue

Knowlton Court is a much-loved family home set within a stunning country estate of over 1,900 acres, located in the heart of Kent – the Garden of England.

We will be staying in the **Dower House**, our main home for the weekend. This charming Grade II listed Elizabethan manor house sits within its own private gardens, nestled peacefully at the heart of the Knowlton Estate. The Dower House is beautifully secluded, surrounded by woodland and blessed with magnificent views across the estate's extensive parkland.

Our Dharma Hall, where classes and gatherings will take place, is just a stone's throw from the house. And with a little luck and good weather, there will be opportunities to explore and enjoy the grounds too.

Our Weekend Together

There are no hard-and-fast rules here. Timings may shift slightly as we gently flow through the weekend, guided by what feels most supportive for the group. This is your time, and we want you to feel completely at home. Please don't hesitate to ask us if there is anything you need at any point during your stay.

Our Weekend Flow

Below is a gentle outline of how our time together will unfold. This schedule is offered as a guiding rhythm, rather than a rigid structure.

Throughout the weekend, the rhythm of movement and stillness, togetherness and quiet time, is designed to support a natural softening — creating space to receive, to share, and to reconnect with yourself at an unhurried pace.

We look forward to sharing this special weekend with you.

Friday Arriving & Settling In

5.00pm onwards - Arrive at Knowlton Court and make your way to the Dower House, where you will be warmly greeted, shown to your room, and invited to settle in gently with a cup of tea.

7.00pm - Our first evening meal together.

8.30pm – 9.30pm -Introduction to the weekend

Saturday

7.00am – Breathing and Movement

8.00am – Breakfast

10.00am – Teaching session

12.30am - Lunch.

1.30pm – Walking or reflective writing

4.00pm – Teaching session

7pm - Dinner.

Evening - Time to relax.

Sunday

7.00am – Breathing and Movement

8.00am – Breakfast

10.00am – Teaching session

12.30am - Lunch.

1.30pm – Walking or reflective writing

4.00pm – Teaching session

7pm - Dinner.

Evening - Time to relax.

Monday – Farewells

8.30am - Breakfast.

9.30am - Check out of rooms and final farewells.

Things to pack:

- Yoga clothing
- Warm jacket or coat (a waterproof is recommended)
- Comfortable walking shoes
- Toiletries
- Slippers or warm socks for inside the house and relaxation
- Any personal items, including books and a reusable water bottle

Yoga Props

Please bring the following if you have them:

- Yoga mat
- Blanket (for relaxation)
- 2 yoga bricks
- Eye pillow or eye mask

If you don't have any of these items, please let us know in advance so we can ensure we have enough for you.

Travel Info:

Address:

Knowlton Court
Knowlton
Canterbury
Kent
CT3 1PT

By Train:

Nearest mainline station: *Canterbury West* (approximately 25 minutes).
Snowdown station is nearby (approximately 5 minutes).

By Car:

Ample parking is available on site. Please do not park on the grass.
Vehicles parked on site should be locked at all times. Personal belongings are your own responsibility.

For any enquiries, please contact Jayne at – Jayne@devayoga.co.uk

Next Stop Knowlton Court – we look forward to seeing you there!

Emma & the Team

x