

[Back to listing](#)



**Themes:** Social Activities

**Aimed at:** All People

Set in Parkland, our visually stunning venue Babworth Court, embraces an atmosphere of calm serenity, and supports a wide range of yoga classes, events and training.

There are many reasons why people choose yoga - for fitness, to aid recovery following injury, to stay healthy, to relieve stress through relaxation and meditation, and to provide strategies for dealing with depression. Participants are encouraged to enjoy the many benefits which yoga can bring to daily life.

Jasmine Trust holds regular events led by world renowned Teachers offering innovative ideas, practice methods and challenging explorations of the traditional teachings of Yoga.

The following are available for hire to community, NHS, voluntary and similar groups. Please contact us for details.

First Floor Yoga Studio - Capacity - 25/30 people

Ground Floor Education/Meeting Room - Seating capacity - 30 featuring

Interactive HD Clevertouch screen

Video/video conferencing

WIFI

Meeting room tables and chairs

Flip charts

Copying and printing facilities

Breakout Lounge

Treatment Room - for holistic healthcare treatments

Kitchen for light refreshments

Reception

Ample, safe Car Parking

Counselling Services at Jasmine Trust

Hazelwood Counselling Services is a private counselling practice based at the Jasmine Trust Yoga Centre, Babworth, Retford. Offering a discreet and confidential service, Hazelwood works with companies and individuals to help people take back control of their lives.

**Area:** Bassetlaw

### **Contact Details**

Babworth Court

Babworth

DN22 8EW

[info.jasminetrust@gmail.com](mailto:info.jasminetrust@gmail.com)

07368 194282

<https://www.jasminetrust.co.uk/>

[Back to Listing](#)