

# YOGA AND WILD SWIMMING

A little breathing space goes a long way in today's busy world so here's your time to retreat from the hustle and bustle of your daily routine and leave feeling re-balanced, re-energised and totally relaxed...

## FRIDAY

**4.30pm** – Meet your yoga teacher.

**5pm - 6pm** – Gentle Yoga flow – moving from one pose directly into the next. Vinyasa yoga helps to create heat in the body, burns toxins and creates strength and flexibility in the body and mind. We will focus on the vagus nerve taking us from our “fight or flight” state of consciousness into a more relaxed and digest way of being.

**7pm** – Please join us for pre-dinner welcome drinks in Bay Bar, before enjoying a three-course evening meal in the 2 AA Rosette Dune Restaurant at your leisure.

## SATURDAY

**7.30am - 10am** – Take a seat in Dune Restaurant at leisure and tuck into a tasty breakfast whilst watching the waves roll in.

**10am - 11.30am** – Experience the power of “Cold Water Swimming” with Cornish Kelpie Open Water Swim Coaching. This is a fun beginner course is for those at the start of their sea dipping/swimming journey. We coach you in water safety, cold water techniques and build sea confidence. You can wear whatever gives you the post swim “high” experience so either a swimsuit, swimsuit with wetsuit boots &/or gloves or wetsuit, whichever you prefer. **Remember to bring along something warm for after the swim like a hat, Dry Robe and/or blanket.** We'll then head back to Fistral Beach Hotel and Spa for a warming hot chocolate.

**5pm - 6pm** – Relaxing candlelight restorative yoga: a focusing on releasing deep physical and emotional tension in the shoulders and neck. Using fully supported yoga poses this practice really gives you the chance to unwind and let go, finishing with a wonderfully peaceful guided meditation.

**6.30pm - 9.30pm** – Enjoy a three-course evening meal in the 2 AA Rosette Dune Restaurant at your leisure.

## SUNDAY

**8.20am - 9.20am** – Dru Yoga during this session we will be working to balance your inner peace helping you to feel calm, balanced and rejuvenated. Using a dynamic healing sequence, pranayama (breath work), mudras (gestures), positive affirmations and empowering visualisations.

**From 9.30am** – Take a seat in Dune Restaurant and tuck into a tasty breakfast whilst watching the waves roll in.

**1pm** – We've organised a late check out for you, but please feel free to use the Vitality Suite until 6pm.  
– We can store your luggage for you.