

YOGA & 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

16:45 - **Meet the teacher in the yoga room**

17:00 – 18:00 - **Yin Yang Yoga for more flexible hips**

In this hip-opening practice, you'll be guided into a slow, grounding sequence that encourages you to sink deeply into the support beneath you. Gentle mobility exercises and spacious, restorative stretches help unravel tightness in the hips and lower body, creating a sense of release and renewed fluidity. Surrounded by the natural quiet of the retreat setting, the class invites you to reconnect with your inner rhythm, offering a chance to soften, reset, and welcome in a feeling of openness and ease.

19:00 - **Welcome drinks before dinner at your own leisure**

SATURDAY

07:30 - 08:30 - **Vinyasa Yoga to release Shoulder tension**

This shoulder-release session is designed as a calming retreat sanctuary for the upper body, offering relief from the tension and heaviness that often accumulate through daily life. With intentional breathwork, gentle unwinding of the neck and shoulders, and soothing heart-opening shapes, the session encourages a gradual melting of stress. The peaceful retreat atmosphere supports this softening, allowing you to let go layer by layer and walk away feeling uplifted, spacious, and quietly renewed.

10:30 - 12:00 - **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 wooley hat, Dry Robe and/or blanket

We will then head back to the hotel for a warming hot chocolate.

17:00 – 18:00 - **Relaxing candlelight restorative yoga:**

In this candlelit restorative yoga session, we explore the quiet medicine of healing in stillness. As the soft glow of the candles settles around you, each supported posture becomes an invitation to pause, release, and gently receive. Wrapped in the warmth and safety of the dim light, the body unwinds layer by layer, allowing the nervous system to soften and the breath to deepen. In this space of unhurried rest, tension melts, clarity rises, and subtle restoration begins to unfold from within. This practice offers a sanctuary where you can simply be held, nourished, and supported by the healing power of stillness.

SUNDAY

08:20 – 09:20 - **Dru Yoga**

This closing Dru Yoga session offers a gentle and uplifting pathway back into everyday life, helping you integrate the space, clarity, and inner stillness you've cultivated throughout the retreat. Through flowing sequences, soft activation movements, and mindful breathwork, the practice guides your energy into balance, grounding you while also awakening a renewed sense of vitality. As you move with intention and settle into moments of reflection, you're invited to gather the insights, calm, and connection you've discovered here and carry them forward. This session becomes a bridge—supporting you in returning home centered, refreshed, and aligned with the deeper ease you've reclaimed.