



Summer 2026: What's Included?

We aim to make our retreats as relaxing and luxurious as possible, here's what's included:

- Three-night stay on East Soar Farm, South Devon - just outside of Salcombe
- Blankets, bath towels and bed linen
- Multiple daily yoga classes
- All yoga equipment
- Guided Coast path hikes
- Guided Wild swimming
- Paddleboarding lesson
- All paddleboarding equipment
- Hooded beach robes
- All meals and drinks (not including alcohol)
- Evening campfires



Typical Itinerary

The tides & weather are our masters here in South Devon, so daily itineraries are flexible, here's an example:

Daily Plan:

7.30 am	Wake up with fresh juice
7.45 am	Active Yoga Session
9.00 am	Breakfast, with multiple choices available
10.30 am	South West Coast Path hike
12.00 pm	Wild Swim /Paddle board
1.30 pm	Beach picnic with hot drinks
2.30 pm	South West Coast Path hike
3.30 pm	Tea & cake at the Farm
7.30 pm	3-course meal from the BBQ
8.45 pm	Yoga Nidra & Sound Bath





Kit List

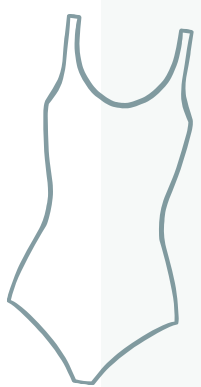
In order to maximise comfort, whatever the weather, we recommend packing the following:



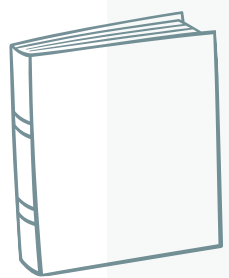
- Comfortable yoga clothes
- Waterproofs (coat & trousers), hiking boots, walking socks, a large, sturdy backpack,



- 2 water bottles, sun cream (just in case), sunglasses



- Warm clothes, including hats, gloves, hoodies and extra layers
- Swimming costume and sandals or rock shoes (we'll provide a hooded towel)



- And of course, good book for those quiet moments...

