



Winter 2026: What's Included?

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

- Three-night beachside accommodation
- Blankets, bath towels and bed linen
- Multiple daily yoga classes & workshops
- Take home yoga handouts and videos
- All yoga equipment is provided
- Two cold water immersion experiences
- One-hour cold water safety seminar
- Hooded beach robes
- Spa robes, towels & house slippers
- Multiple guided coastal hikes
- All meals and drinks with take-home recipes
- Massages (£70 per hour)





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 Detox Juice
8.00 am	Active Yoga Workshop
9.30 am	Healthy Breakfast, with Multiple Choices Available
11.00 am	South West Coast Path hike
12.00 pm	Cold Water Dip / Warm Up
1.00 pm	Lunch at the Retreat Home
2.00 pm	Afternoon Water Safety Seminar
5.30 pm	Restorative Yoga Session
7.00 pm	Evening Meal
8.30 pm	Yoga Nidra Session





Kit List

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



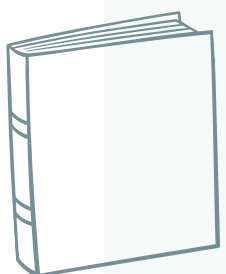
- Comfortable yoga clothes
- Waterproofs (coat & trousers), hiking boots, walking socks, a large, sturdy backpack,



- 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...

