



Launching soon.....

A WINTER SANCTUARY

Wintery Warmth & Renewal
on the Cornish Coast



REST RECONNECT RISE

Luxurious comfort

All rooms ensuite/private bathroom,
modern house; warm and cosy.

Hot tub under winter skies

Soothe, soak, and inhale the sea air.

Short walk to the sea

Daily strolls to refresh and inspire,
optional swim.....dry robes welcome!

Herbal Tea Blending Workshop

Nurturing, creative, and educational.

Cosy indoor yoga & candlelit nidra

Gentle flows, deep rest, and uplifting
breathwork.

Compassionate inquiry

Reconnect to you and establish
purpose through A.C.T principles.

Nourishing seasonal food

Wholesome, hearty, made with love.





A WINTER SANCTUARY

Cosy rooms, sea air, and the gentle magic of January renewal...

SAVE THE DATE....

Long Weekend

Friday 23rd to Monday 27th January 2026

Weekday Escape

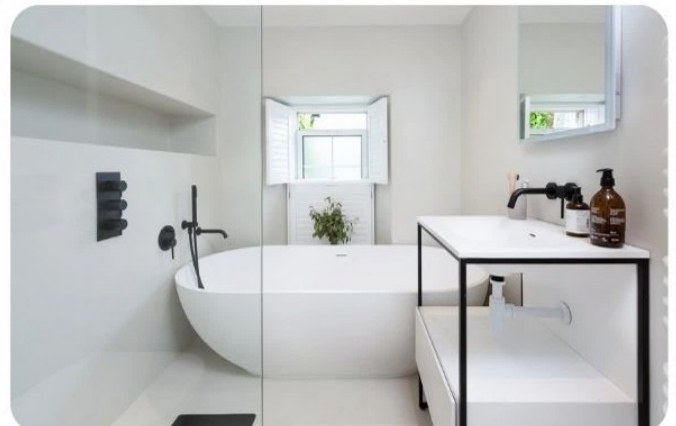
Monday 27th to Thursday 29th January 2026

Just 8 places on each retreat for a personal and relaxed experience.

*And.....
no crazy retreat prices!*

To join the waiting list and have first access to the launch details; register with Kerrie: WhatsApp +447854601797 or yogabodyzenmind@gmail.com.

- I can't wait to hear from you -



A WINTER SANCTUARY THE DETAILS

WHAT'S INCLUDED

- **3-nights accommodation** on the doorstep of Watergate Bay, Cornwall.
- **Breakfast, lunch and dinner** of varied, colourful meals and a beautiful setting to gather and reflect on the day.
- **Facilities** include purpose made yoga studio, large bifold windows to connect with the outdoors from the comfort of warm bright open spaces and cosy corners inside.
- **3km of Beach**, the Atlantic ocean and the SW coastal path on the doorstep. Walk, cold water swim or just take in the views from the retreat home.
- **8 person hot tub** while breathing in the nourishing sea air.
- **Yoga, candlelit nidra, tea blending and gentle group workshops** based on the amazing Acceptance Commitment Therapy.
- **Small and intimate** with just 8 guests per retreat we will have time to discuss your yoga practice or just relax in peace!



OTHER

- The retreat begins in the afternoon on arrival day (time tbc)
- Yoga and breakfast on departure day, before goodbyes at 10am.
- Exact location, what to bring and full schedule provided later.
- Payment option in multiple instalments if helpful.
- Any questions whatsoever, please reach out to Kerrie.

THE VENUE - YOUR OPTIONS



Room	Details	Standard Price (per bed, based on two sharing)	Earlybird price* (per bed, based on two sharing)
<u>Room one</u> Twin Ensuite	Distant sea view Large room & balcony Double sink, large shower	£625	£545
<u>Room two</u> Twin Ensuite	Distant sea view Large room & balcony Large shower	£625	£545
<u>Room three</u> Twin Private Bathroom (along the hall from bedroom)	Spacious room with two windows Large bathroom with free-standing bath AND shower	£605	£525
<u>Room four</u> Twin Ensuite	Cosy (but not too small) room with thoughtful changing area Large shower	£575	£495

*Early Bird available until 31 August 2025 with £75 deposit to paid.





BOOKING PROCESS

Thank you

Thank you all so much for your interest in the retreats and making me smile! I'm blown away – as always – by your support for what I love to share.

As the retreat has proved extremely popular, there is a reservation process to help make this as smooth and fair as possible for everyone.

There are people that genuinely can't make the weekday retreat so if you have any flexibility to do both or can choose that one, a yoga-class-friend would really appreciate it.

– IMPORTANT –

You can book from now by replying to my email.

When doing so please state:

1. Your preferred retreat **date**.
2. As a back-up only, if your preferred date is full **can you make the other one?**
3. Which **room** would you prefer? (1,2, 3 or 4)
4. With **who** (if anyone) would you like to share?
5. Confirm you **agree** to booking terms (next page).

THEN WHAT?

- I will contact you to make an **offer** of a space and answer any questions.
- You will have 24 hours to pay the **deposit**. When paid your place will be confirmed.
- As there will be a waiting list if payment is not made the room will be **released**.





BOOKING TERMS

I agree to adapt my own yoga practice while on retreat. I understand my participation in any class or activity is entirely voluntary and at my own risk. I agree to consult a **medical professional with any concerns** before attending.

I agree to pay **£75 deposit** to secure my place. Bank transfer details:
Name: Yoga Body Zen Mind Ltd. Account no: 18886415. Sort code: 04-06-05

I agree to pay the remaining **balance no later than 2 December 2025**.
I understand that should I need to cancel or make a change to my booking that can not be accommodated my deposit will not be returned.

It is my responsibility to make arrangements to arrive at the retreat on time and ensure the safety and security of my personal belongings during the retreat.

Cancellation Policy

Please do not attend if you or your household are showing any symptoms of Covid-19 in the ten days prior to the retreat.

The venue has a strict no-refund policy, and so this transfers onto us too unfortunately. If you need to cancel for any reason after your deposit is paid your deposit will not be returned. Similarly, after you have paid the balance, this is non-refundable, unless Kerrie is able to reallocate your space. Thank you for understanding. It is unlikely Kerrie will need to make changes or cancel the retreat but she reserves the right to do so, if necessary, in exceptional circumstances. You may choose to take out travel insurance.

Name, signature and date:.....

An email return stating you agree to the Booking Terms will suffice as confirmation.

I am so excited that you will be joining me!!

If you have any questions before this please just ask. Kerrie xx