

Sample Itinerary

Our 3-day retreats are carefully planned so you can get the best out of your stay. Scheduled activities and times are approximate only and may change at short notice. Here is an example of what to expect when you visit us.

Day One

Arrive From 1pm

1.00 - 3.00pm

Welcome Drinks and tour around the house and settle in your rooms

3.30 - 5.30pm

Leave for Seaton Beach for intro to Sea and Cold water
(practise breathing/relaxing and floating)

5.30 - 7.00pm

Walk to Beer

Evening

Hearty dinner at Manor Farm

Day Two

7-7.30am

Morning Breakfast

8.30 - 12.00pm

Sea Swim at local Beach swim and explore

12.00 - 1.00pm

picnic lunch at the beach

1.30 - 3.00pm

Lifeguarded Swim

3.30 - 6.00pm

Chill out at Manor farm or walk the woodland trail

7.00 - 8.00pm

BBQ

8.00 - 10.00pm

Fire Pit

Day Three

6.30 - 7.30am

Breakfast

8.30 - 9.00am

Morning Group Stretch on beach

9.00am - 12.00pm

Swim and Walk

12.00 - 1.00pm

Back home and goodbyes

Goodbyes at 1pm