

Autumn Yoga & Wellness Retreat



HOUSE BAY

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www.housebay.com

EMBRACING
AUTUMN

6th October - 8th
October, 2023

"I feel like a completely different person to the one that arrived. Take a break out of your busy lives to be kind to yourself & treat yourself to a rejuvenation of mind, body & soul."

"Absolutely perfect if you need to stop and unwind"

"Utterly amazing & relaxing weekend on so many levels"



Embracing Autumn

Feel welcomed within an intimate yoga & wellness retreat, set on the wild Lizard Peninsula, an area of outstanding natural beauty. Here's what to expect;

Led by our qualified yoga instructor, Kate, to reflect the shift in the style of Autumn yoga practices.

In your own time go on mindful walks along the South West Coastal Path; bird watch, seal spot, and wonder at the sights. Walk on the sandy shores of Housel Bay beach, or travel to Poldu Cove for a wild wave surf. Or have a rest, and cosy up for a read in our snug.

Feel nourished as you dine in The Terrace and our two rosette restaurant Fallowfields. Eating seasonal, delicate dishes, sourced locally right off our Cornish shore line.

Feel well rested in our cosy rooms, drifting off to the coastal sounds of waves and sea birds.

Our aim is for you to leave this retreat, rested, refreshed and restored.

Wash off your worries, and clear out the mind. Allow your stresses to roll away, as you put your body, mind and self first, this autumn retreat.



Yoga

Come join us for this calming, nurturing weekend to invest in your wellbeing.

Guided by the way nature begins to let go, to slow down and enter a stage of transition, our yoga practice will invite us to do the same. We'll take time to move slowly and turn our awareness inwards, allowing time to reflect and self nourish. Expect moving meditations, grounding practices, restorative postures and calming breath work aimed to help you release, let go and progress through this season of change. Our guided meditations will allow opportunities for self-reflection and gratitude. The slower nature of our Autumn yoga retreat makes this an ideal weekend for beginners to yoga and for those with more yoga experience to explore the subtle energies of this beautiful practice.



The Yoga Batch

Includes & Pricing

Our Autumn Yoga & Wellness Retreat includes;

- 4 yoga classes (with maximum of 6 yogis in the class)
- 2 evening meditation & relaxation classes
- Optional workshops
- A two night stay in our comfortable bedrooms (sea view bedrooms available)
- Cornish breakfast every morning
- A two course dinner at The Terrace (Friday night)
- Special dining experience at Fallowfields (Saturday night)

Price start from £448 for a single occupancy, and £737 for double occupancy.

Please view our website to see our room types: www.housebay.com/stay, and enquire direct for all prices.



Key Info

Booking:

To make your booking please call our reservations team on +44 (0) 1326 567 500 or email us at stay@housebay.com.

Please note, this is an intimate retreat with only 6 spaces available.

Deposit:

When you make your booking we require a 20% deposit. This deposit is non-refundable, however you can move your booking to another stay within 12 months.

Cancellation Policy:

You can cancel 14 days prior to your stay. Within 14 days to your stay we require the remaining payment.

About Housel Bay

Perched on nature's edge, on the UK's most southerly point, is a hotel truly inspired by nature.

A place to escape and unwind. As we invite you to experience the beauty, history and serenity of the Lizard Peninsula.

The Lizard is home to its own rare wildlife, flora, incredible beaches and even microclimate. And hosts the South West coastal path, which rests at the entrance of our very garden.

Housel Bay is a family run hotel, that has been a marker on this coastline since the 1800s. As a hotel we strive to echo our wondrous location in everything we do.

So wash off the city and reconnect with nature. Get to know the Lizard Peninsula.



About the Yoga Batch

Our Yoga & Wellness retreat will be led by Kate Batchelor from The Yoga Batch. Kate has been practising yoga for twenty years, eventually turning her passion into her career, training with the British Wheel of Yoga. Kate went on to combine her love of running and yoga, qualifying to teach yoga for athletes and sports. In all Kate's classes the focus is on functional mobility, balancing strength with suppleness, breathing well and the movement of the body with a stillness of mind.

"I first came to yoga for the physical benefits - to get more flexible and tone up. But it was the spiritual side that kept me coming back again and again! I felt better, calmer, happier, more able to deal with what life threw at me and it certainly threw me some curve balls along the way!" Kate Batchelor.

Explore

KYNANCE COVE.

Located on the west side of the Lizard and probably the most photographed and painted location in Cornwall, the contrast between the cove's white sand beach and the dark red and green serpentine rock produces a breathtaking sight.

CADGWITH COVE.

Cadgwith is one of those Cornish fishing villages that time seems to have passed by. The beach is still very much the centre of the village with a small fleet of crabbing boats winched up on the beach in front of the boat houses. It is one of the most picturesque fishing villages on the Cornish coast.



LIZARD LIGHTHOUSE.

Take a visit to one of our most iconic features here in The Lizard, The Lizard Lighthouse (you might be able to spot this landmark through your window!).

A perfect opener to your visit here, admire the coast, spot our bay, discover Bumble rock up close, and see the beauty of the historic Lighthouse.

HOUSEL BAY BEACH.

A beautiful beach located just a few hundred yards below the Hotel gardens. Accessed via a footpath directly from the Hotel gardens, this tidal beach is often only used by the Hotel's guests and a handful of local people from the Lizard Village. At low tide there is plenty of sand. Housel Bay is a family friendly beach.

Activities

WALKING THE SWCP

Our garden gate opens straight onto the South West Coastal Path. Pack your walking boots and take advantage of the rugged Cornish coastline on your doorstep.

MINDFUL WALKING

During your free time, take a deep breath of fresh Cornish sea air. Experience a mindful walk in nature, tuning in all your senses to the sounds of birds and waves crashing on the shore. Take mental notes of what you can smell, what your body feels as you take steps along the coastal path...

REST

We have a beautiful garden overlooking Housel Bay where you can just sit, relax and take in the views. We invite you to switch off, and calm your mind.

With the predictably, unpredictably weather, we also have a cosy Snug room to take refuge, and watch the weather unfold....the perfect spot to open your book, and enjoy some quiet time.

SURFING AT POLDU COVE

Just a 15 minute drive away, Poldu Cove is a great spot for surfing. Located on the west coast of the Lizard, it is a favourite amongst locals.

it is a fantastic sandy beach, ideal for surfing and also wildlife watching.

SEA SWIMMING

The Lizard Peninsula is home to many hidden coves and quiet beaches. Walk bare foot along the white sands, and feel invigorated from a refreshing sea swim.

