

25.10.19 - 27.10.19

Yoga & Wellness Weekend



Housel Bay HOTEL & RESTAURANT

Anchored above a private Cove on the Southerly tip of British mainland, The Housel Bay Hotel & Restaurant was built in 1894. The combination of our unique landscape and an historic Victorian building create a location with wonderful tranquility and a 124 year heritage.

Slip away from the everyday hustle and bustle of modern day life. Become connected with nature. Take the time to walk the paths. Breathe in the fresh sea air.

This is a place to escape and unwind. We invite you to experience the beauty, history and serenity of the Lizard Peninsula.

Spend time looking out at Housel Bay, relaxing on The Terrace overlooking the Atlantic ocean, experiencing the fresh and seasonal menu in Fallowfields and exploring the Cornish coastline.



The Yoga Batch

Our Wellness Weekend hosted at Housel Bay Hotel & Restaurant will be led by 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!"

www.theyogabatch.co.uk

Relax - Reset - Recharge

PROGRAMME OUTLINE

FRIDAY 25th OCTOBER

From 3pm - Check in and arrival

5:30pm - A warm welcome from Kate, your yoga instructor for the weekend, and an opportunity to meet everyone.

6:00pm - Gentle welcoming practice. Arrive on your mat, welcoming yourself to unwind, relax and to simply be, rather than do. A great opportunity to check-in with the body and the breath, set new intentions, enjoy freedom of movement and invest in self-care.

7:45pm - Dinner at The Terrace.

10:00pm (Optional) - 'Set for Sleep'
A short simple practice incorporating releasing postures and a guided meditation setting yourself up for a restful nights sleep.



PROGRAMME OUTLINE

SATURDAY 26th OCTOBER

8:00am - 'Morning Movement Magic'
A wonderful, uplifting start to the day, incorporating lots of delicious spinal movements. Flowing sequences to warm up and wake up, postures to stimulate and uplift and breath work to leave you energised and ready for a wonderful day discovering the nature and beauty of the Cornish coast.

9:30am - Breakfast and free time.

11:30am or 3:00pm - Posture Workshop (Optional) - Depending on the weather, an additional optional Posture Workshop may take place in either the morning or afternoon, breaking down and exploring Downface Dog.

PROGRAMME OUTLINE

SATURDAY 26th OCTOBER

1 pm – Lunch and free time

6:00pm – ‘Relax and Restore’
Candlelit yoga class helping you unwind, unravel and release, featuring lots of twists, breath work and restorative inspired postures, closing with delightful warming and calming concentration practice.

7:30pm – Dinner at our signature restaurant Fallowfields.

10:00pm (Optional) - ‘Rest and Digest’
Guided movement, meditation and mindfulness.



PROGRAMME OUTLINE

SUNDAY 27th OCTOBER

8:00am – ‘Uplift, Refresh, Reset’
As British Summer Time officially ends, take full advantage of that extra hour to feel motivated and boost your wellbeing. You’ll experience variations of sun salutations, find strength and stability in your core, standing postures and balances.

9:30am – Breakfast and free time

11:00am – Optional visit/tour of the Lighthouse.

1:00pm – Close.



RELAX

YOU BEAUTY SALON

Local beauty and wellness salon are offering a special offer to our guests ; 30 minute massage and either manicure or pedicure for £50.

Subject to availability, bookings to made in advance.

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 is a family friendly beach.



EXPLORE

LIZARD LIGHTHOUSE

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

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.

PRICING PACKAGE

Please view our website to see our room types:

www.houselbay.com/staywithus

Panoramic View - £500 for 2 people sharing, £325 single occupancy

Ocean View - £450 for 2 people sharing, £275 single occupancy

Partial Sea View £425 for 2 people sharing, £250 single occupancy

Country View £400 for 2 people sharing, £235 single occupancy

Some rooms are Twins, most are Doubles. If you would like to stay in a Twin Room, this will be subject to availability.



INCLUDES

Dinner, bed & breakfast.

The full yoga programme.

Dinners include two courses at The Terrace (Friday night) and two courses at our signature restaurant Fallowfields (Saturday night). Please see sample menus here:

www.houselbay.com/restaurants

Please note drinks and lunches are not included.

BOOKING

Direct bookings only - please email stay@houselbay.com or call +44 1326 567 500 and remember to specify that you would like to book for the 'Yoga & Wellness' weekend package.

TRAVEL

Plane : London Heathrow to Newquay with FlyBe takes 1 hour and 15 min each way.

It's then a 1 hour and 15 min drive to the hotel from Newquay airport - collection can be arranged by the hotel for groups.

Train : London Paddington to Penzance takes just over 5 hours on a direct train. It's then a 45 min drive to the hotel from Penzance train station - collection can be arranged by the hotel for groups

Car : The coastal route takes around 6 hours from the Sussex area.

Why not stay an extra night and travel back on Monday? For traffic, the best time of day to leave is around midday.

Housel Bay Hotel & Restaurant

The Lizard

TR12 7PG

stay@houselbay.com

