

Housel Bay
HOTEL & RESTAURANT



The Yoga Batch

Yoga & Wellness Weekend

Embracing Autumn,
Embracing Change

16th - 18th October 2020

Contact

+ 44 (0) 1326 567 500

Housel Bay, Lizard, TR12

www.houselbay.com

“Beautiful, relaxing yoga
weekend with delicious food,
teaching and company”

November, 2019

“I have returned home
walking taller and feeling
more motivated as well as
rested. Kate, thank you for
your warmth, kindness and
obvious passion for Yoga....”

November 2019

“The perfect setting to escape
for a ‘me’ treat”

November 2019



ABOUT HOUSEL BAY

Anchored above a secluded cove on the most southerly tip of British mainland, Housel Bay Hotel & Restaurant was built in 1894. The combination of unique landscape and 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. Reconnect with nature. Take the time to walk the coastal 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.

ABOUT THE YOGA BATCH

Our Yoga & Wellness weekend 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.

PROGRAMME OUTLINE

FRIDAY 15TH MAY

From 3pm - Check in and arrival

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

5.30pm - Gentle welcoming practice

Take some time to pause, breathe, let go and invest in yourself. Enjoy a slow, mindful approach to movement, freedom through your spine and releasing postures, leaving you feeling ready to enjoy a wonderful weekend ahead.

7.15pm - Pre-dinner meet in Marconi's Bar

7.45pm - Dinner at The Terrace

10pm - (Optional) Ready for bed

A short simple movement and meditation practice to help you fully unwind and relax, setting yourself up for a restful nights sleep.



SATURDAY 16TH MAY

8am - Get grounded.

As we enter Autumn, the season of change, take an opportunity to connect to the earth's energy, feel rooted and grounded. Expect slow, mindful flowing sequences, stability and core work and an opportunity to reconnect to your body and your breath, leaving you feeling strong, refreshed and ready to embrace the day...and indeed the season ahead.

9.30am - A delicious and nourishing breakfast followed by free time.

11.30am or 3.00pm - (Optional)
Workshop/Practice - TBC

5.30pm - Winding down your day

Unravel, unwind and relax through your shoulders, hips, hamstrings and lower back. Quieten down a busy mind and cultivate your focus skills. Full of ideas and options ideal for developing your own home yoga practice.

7.15pm - Pre dinner meet in Marconi's Bar

7.45pm - Dinner at Fallowfields

10.15pm - (Optional) Settle down for sleep

Calm body and mind, soothing yourself for a blissful nights sleep.



PROGRAMME OUTLINE

SUNDAY 17TH MAY

8am – Embracing change

A warming and invigorating flow followed by postures inviting you to quite literally see things from a different perspective. Open your heart and mind to all things challenging or new.

9.45am – Breakfast followed by free time.

12pm – (Optional) Visit/tour of the lighthouse

2pm – (Optional) Lunch / Depart or enjoy an additional evening stay and depart Monday.



LIZARD LIGHTHOUSE

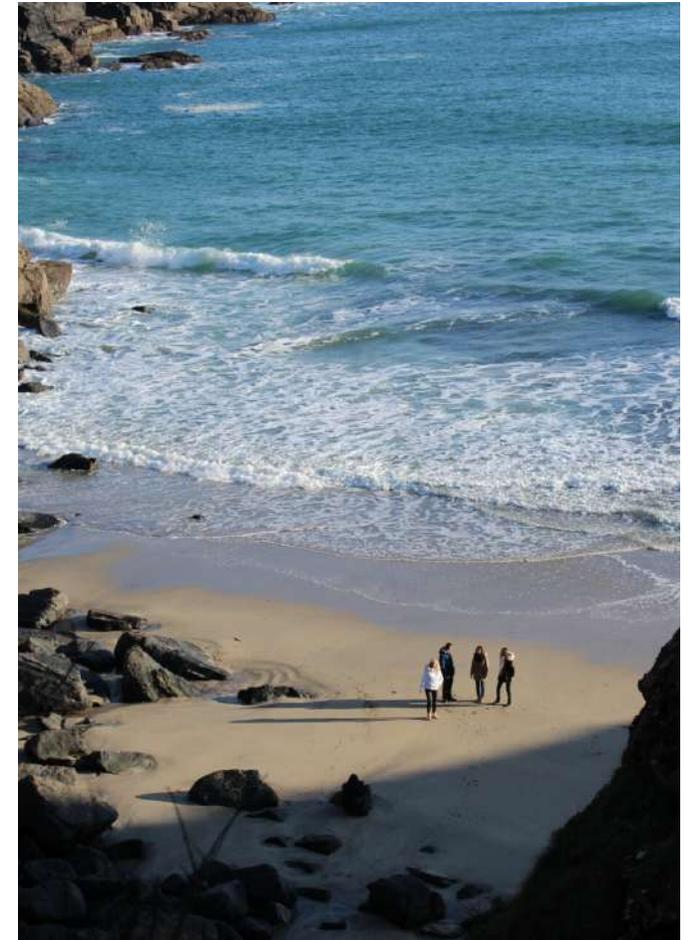
Take a visit to one of our most iconic features here in The Lizard, The Lizard Lighthouse (you might be able to spot this landmark through your window!).

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.

RELAX

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.



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.



PRICING

Please view our website to see our room types:

www.housebay.com/staywithus

Panoramic View - £530 for 2 people sharing, £340 single occupancy

Ocean View - £470 for 2 people sharing, £290 single occupancy

Partial Sea View - £450 for 2 people sharing, £260 single occupancy

Country View - £420 for 2 people sharing, £250 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 three courses at our signature restaurant Fallowfields (Saturday night). Please see sample menus here:

www.housebay.com/restaurants

Please note drinks and lunches are not included.

Home made hampers are also available to purchase for lunch, to take whilst you explore the coast.

CONTACT

Housel Bay Hotel & Restaurant
The Lizard
TR12 7PG
stay@housebay.com



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 Truro takes approximately 4 and half hours on a direct train. It's then a 45 min drive to the hotel from Truro 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.