

WALES YOGA RETREAT WITH ANETA

5TH - 8TH MARCH 2026



I am so excited to be returning to this beautiful retreat venue in Wales — and even more delighted that it's by popular demand!

This year's retreat was filled with connection, laughter, stillness, and transformation and the response was overwhelming.

The stunning landscape, the nourishing space, and the deep practices we shared left a lasting impression on all of us. So next year, we're going back.

This retreat is a chance to revisit that sense of peace, to reconnect with your practice, and to come together once again in community. Expect uplifting yoga sessions, mindful movement, delicious food, and plenty of outdoor time.

Whether you joined me last time or you are coming for the first time, I can't wait to welcome you into this special space.

THE PAUSE BEFORE THE BLOOM CONCEPT

Honoring the quiet in-between space of late winter and early spring — an introspective, nurturing container for gentle transformation.

March marks a quiet turning point — the slow shift from winter's rest to spring's renewal. .



Set in the tranquil beauty of the Welsh countryside, this retreat is designed to step into a space of gentle awakening — to feel, to move, to reconnect with your body, with your breath, with what matters most to you and to set new intensions.

WHATS INCLUDED

- 3 nights stay in beautiful en-suite accommodation
- A welcome yoga class on the night of arrival to acclimate us to our new surroundings
- Morning & afternoon yoga classes every day
- Fully catered with nutritious brunches & dinners prepared by a local chef Sarah
- Herbal teas/coffees & fresh fruit available through the day
- Unlimited use of on site sauna & gym
- Canadian canoeing experience
- Cold open water swimming (highlight of this years retreat 😊)
- Daily guided walks, or rest and relax in the spacious barn





ACCOMMODATION

Fully prepared bedrooms with bathroom essentials including towels and basic toiletries, a hair dryer in each bedroom. Every room cleaned and maintained to an exceptionally high standard.

All rooms are sharing with their own en-suite bathroom.



COST

Book your spot!

Total price £595 per person based on 3 night stay in shared room (2-3) with ensuite.

Secure your place with a deposit of £195

Additional surcharge applicable for private room. Please contact me for more details.

Early Bird Discount of £50 off the above price if deposit or full amount is paid by 1st September 2025

All deposits are to be paid by bank transfer.
Please contact me for details.

The security deposit is non-refundable unless the entire retreat is cancelled.

Remaining balance to be paid by the 10th January 2026.

