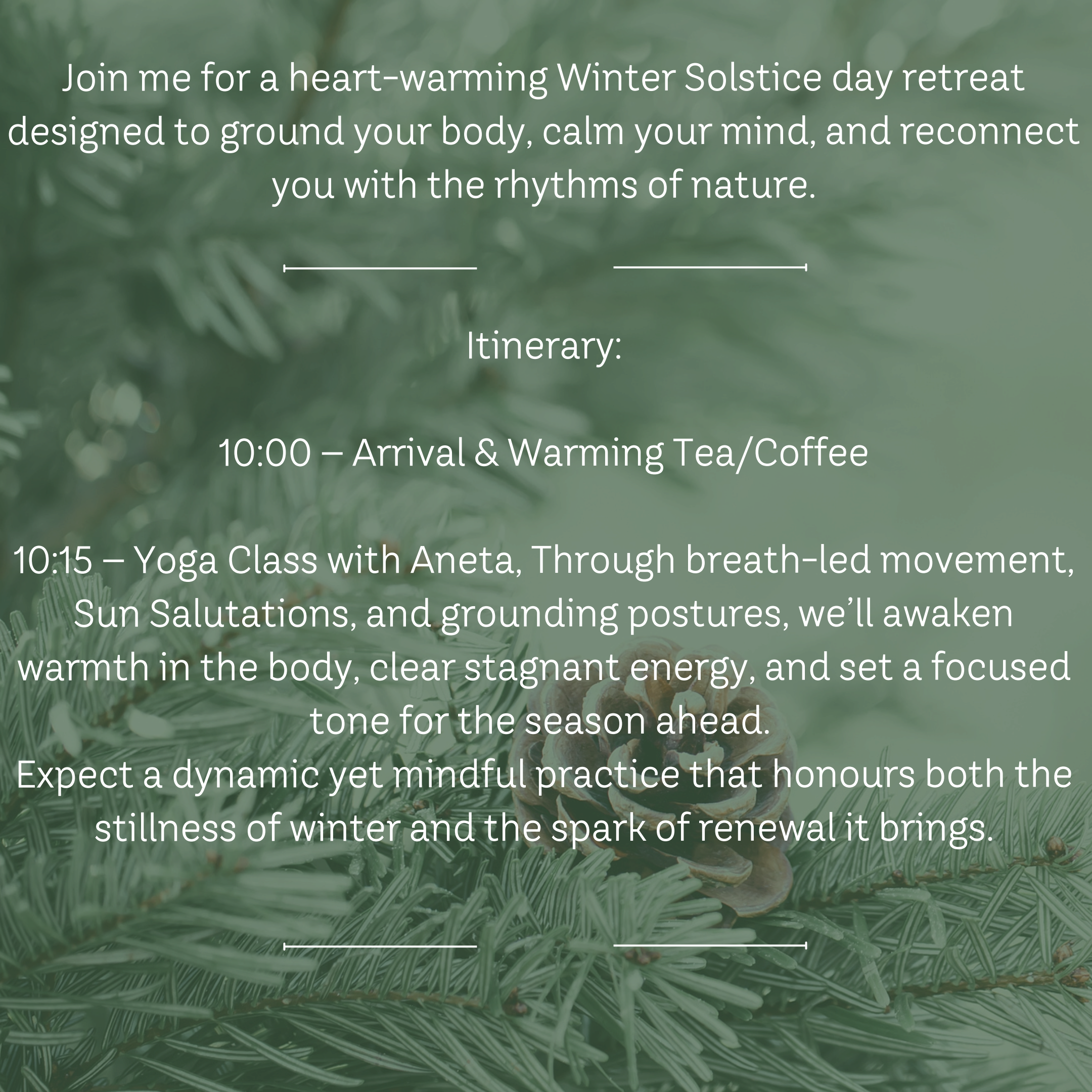




Winter Solstice & Seasonal Celebration

YOGA, BRUNCH &
CHRISTMAS WREATH
MAKING WORKSHOP

14th December 2025
10am - 4pm



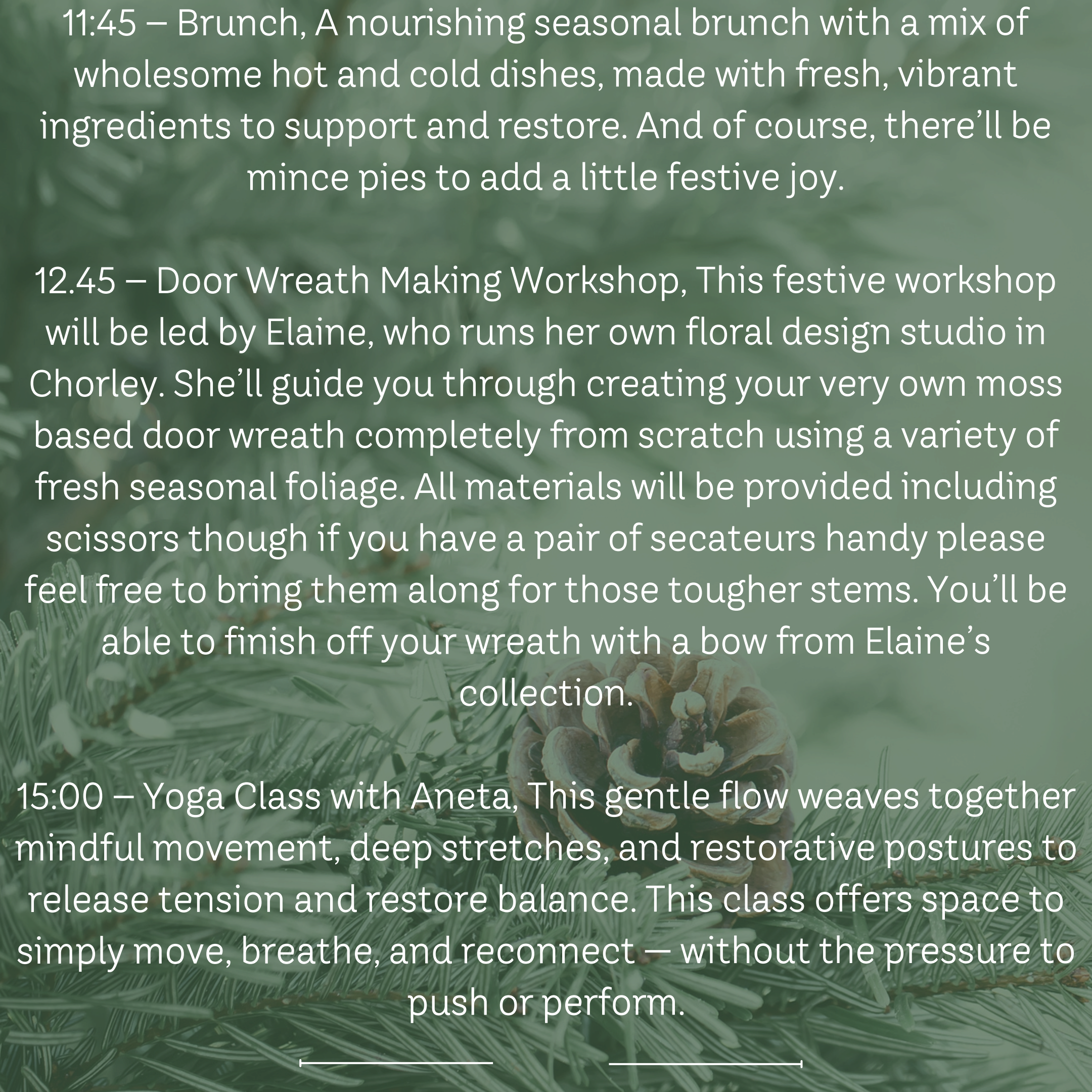
Join me for a heart-warming Winter Solstice day retreat designed to ground your body, calm your mind, and reconnect you with the rhythms of nature.

Itinerary:

10:00 – Arrival & Warming Tea/Coffee

10:15 – Yoga Class with Aneta, Through breath-led movement, Sun Salutations, and grounding postures, we'll awaken warmth in the body, clear stagnant energy, and set a focused tone for the season ahead.

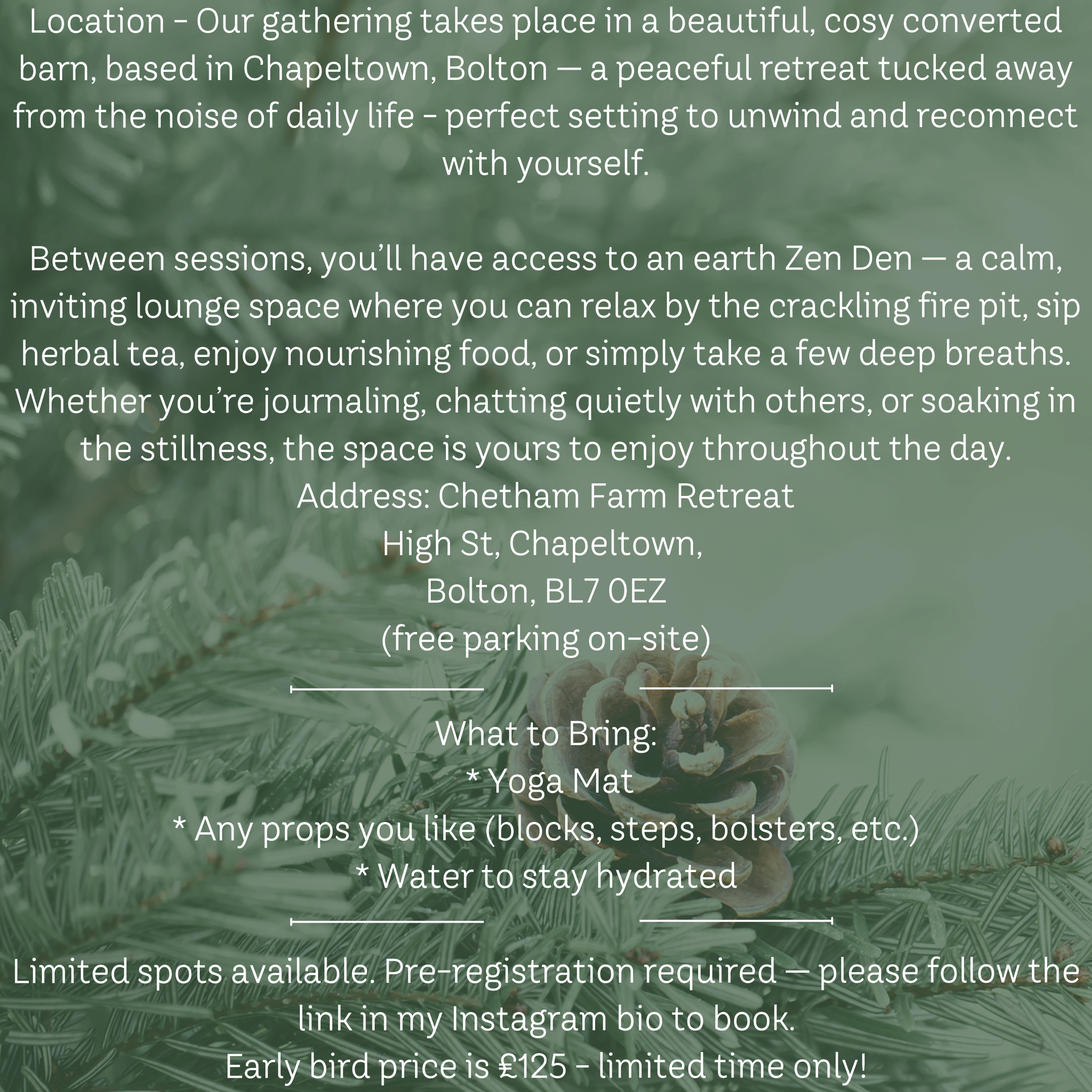
Expect a dynamic yet mindful practice that honours both the stillness of winter and the spark of renewal it brings.



11:45 – Brunch, A nourishing seasonal brunch with a mix of wholesome hot and cold dishes, made with fresh, vibrant ingredients to support and restore. And of course, there'll be mince pies to add a little festive joy.

12.45 – Door Wreath Making Workshop, This festive workshop will be led by Elaine, who runs her own floral design studio in Chorley. She'll guide you through creating your very own moss based door wreath completely from scratch using a variety of fresh seasonal foliage. All materials will be provided including scissors though if you have a pair of secateurs handy please feel free to bring them along for those tougher stems. You'll be able to finish off your wreath with a bow from Elaine's collection.

15:00 – Yoga Class with Aneta, This gentle flow weaves together mindful movement, deep stretches, and restorative postures to release tension and restore balance. This class offers space to simply move, breathe, and reconnect — without the pressure to push or perform.



Location – Our gathering takes place in a beautiful, cosy converted barn, based in Chapeltown, Bolton – a peaceful retreat tucked away from the noise of daily life – perfect setting to unwind and reconnect with yourself.

Between sessions, you'll have access to an earth Zen Den – a calm, inviting lounge space where you can relax by the crackling fire pit, sip herbal tea, enjoy nourishing food, or simply take a few deep breaths. Whether you're journaling, chatting quietly with others, or soaking in the stillness, the space is yours to enjoy throughout the day.

Address: Chetham Farm Retreat
High St, Chapeltown,
Bolton, BL7 0EZ
(free parking on-site)

What to Bring:

- * Yoga Mat
- * Any props you like (blocks, steps, bolsters, etc.)
- * Water to stay hydrated

Limited spots available. Pre-registration required – please follow the link in my Instagram bio to book.

Early bird price is £125 – limited time only!