

WALES YOGA RETREAT WITH ANETA

11TH - 14TH MARCH 2027

I'm so excited to share that we're heading back to the heart of Wales for the third year in a row!

The overwhelming response from the last two years has shown me how much we all value this "pause" before the world begins to bloom.

There's something about being surrounded by nature, quiet, and open space that naturally invites us to slow down, where the air feels clearer, the stillness is deeper, and the transformations last.

Whether you've joined me before or you're thinking of coming along for the first time, I'd love to welcome you to this special, nourishing space.





THE CONCEPT: DEEPENING THE BLOOM

After the journey of The Pause Before the Bloom, it felt right to gently continue building on what began there.

Our 2027 retreat now turns towards Deepening the Roots.

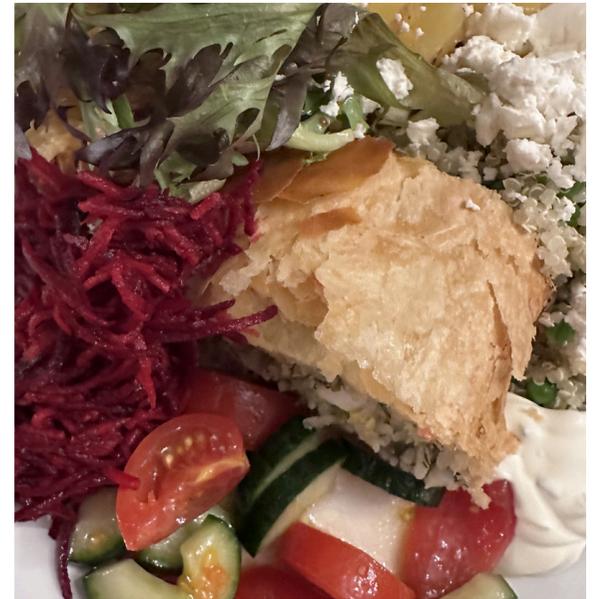
As we move through that quiet, introspective space between late winter and early spring, we'll use this turning point to honour how far we've come.

It's a time for gentle awakening, setting powerful new intentions, and reconnecting with the breath in the tranquil beauty of the Welsh countryside.



WHATS INCLUDED

- **3 Nights Stay** in beautiful en-suite accommodation, maintained to an exceptionally high standard.
- **A Welcome Yoga Class** on the night of arrival to ground us into the energy of the land.
- **Morning & Afternoon Yoga** sessions every day to uplift and restore.
- **Fully Catered** nutritious brunches and dinners prepared by our wonderful local chef, Sarah.
- **Unlimited Wellness:** Full use of the on-site sauna and gym.
- **Adventure & Stillness:** Canadian canoeing, cold open water swimming and daily guided walks.
- **Nourishment:** Herbal teas, coffees, and fresh fruit available throughout the day.





ACCOMMODATION

Relax in fully prepared bedrooms featuring bathroom essentials, towels, basic toiletries, and a hairdryer in every room.



All rooms are shared (2-3 people) with their own private en-suite bathroom, offering the perfect balance of community and privacy.



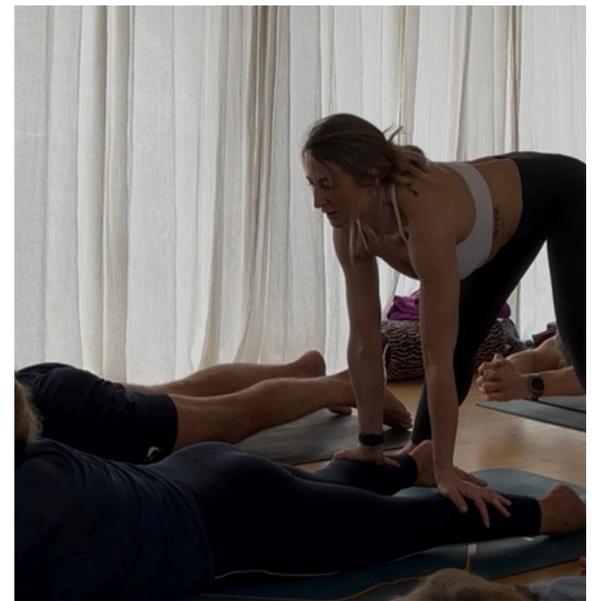
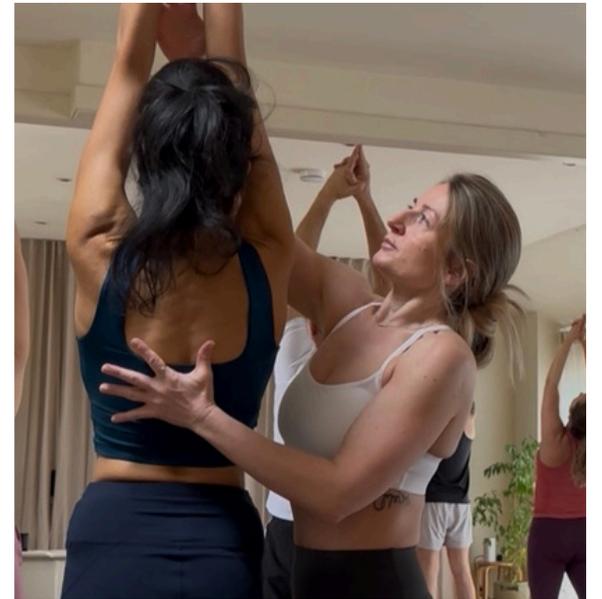
Private Rooms: An additional surcharge applies for private accommodation. Please contact me for availability.

YOUR HOST

Aneta has a deep passion for creating creative flows that blend strength, mobility, and flexibility, always with space to explore.

Drawing from the many styles and techniques she has encountered throughout her yoga journey, her teaching is rooted in movement that feels both strong and nourishing. With 10 years of teaching experience, she continues to approach each class as both a guide and a student, still learning, still listening.

She enjoys gently challenging her students and inviting them to try new things, while holding the intention of helping each person feel more at home in their own body.



INVESTMENT

**Secure your spot in our
3rd year celebration!**

- **Total Price:** £635 per person (Based on 3 nights in a shared en-suite room).
 - **Early Bird Discount:** Save £50 if your deposit or full amount is paid by 1st May 2026.
 - **Booking:** Secure your place with a £195 deposit (paid via bank transfer).
 - **Private Rooms:** An additional surcharge applies for private accommodation. Please contact me for availability.
- Please note:** The deposit is non-refundable unless the entire retreat is cancelled.

**Remaining balance is due by
11th December 2026.**

