



A RETREAT BY THE BEACH

better-bodies.co.uk

Hope Cove Devon

8th, 9th, 10th May 2025

I am excited to plan a delightful retreat and share the stunning scenery of Hope Cove with you. Below are all the necessary details about the 3-day retreat. Please **do not** book your stay at this moment, but instead, send an email to alison@better-bodies.co.uk to reserve your spot.

All hotel rooms offer an amazing view of the sea, allowing you to enjoy the beautiful scenery from any room. You need to contact the hotel directly to book your stay including bed, breakfast, and dinner. If you have any additional requirements or preferences, please let the hotel know. If you want to stay for an extra night, you can do so and the hotel staff will be happy to help you in any way possible.

The cost of your stay will be £117 per night, and this includes a 5-course dinner, bed, and breakfast. An additional supplement of £35 will be charged for the retreat activities, which you will pay to me closer to the event date. The activities will consist of one or two gentle classes per day, a guided walk, and a guest teacher who will offer something new to you. You can participate in these activities as much or as little as you like. Alternatively, you are welcome to spend your time relaxing on the beach, reading a book, or hiring kayaks or paddleboards. Please note that the activities may be subject to change depending on the weather conditions in Hope Cove.



The Beautiful Cove

The itinerary for the retreat may change, but this will give you an idea of what to expect.

Day 1:

- *Check-in time is at 12:30 pm. Please settle into your room and take some time to explore the hotel and the surrounding area.*
- *Join us at 3 pm for a meet and greet session with other retreat participants. We will take a short stroll around the village and end with a gentle class.*
- *Dinner will be served at 7:00 pm.*

Day 2:

- *Breakfast will be served at 8:30 am.*
- *At 10:00 am, you are welcome to join a gentle stretch and mobility class.*
- *At 11:30 am, we will be taking a guided walk along the SW coastal path.*
- *Lunch will be a packed lunch if you are on the guided walk.*
- *In the afternoon, you will have free time to explore the area or relax at the beach.*
- *Dinner will be served at 7:00 pm.*
- *After dinner, you can relax in one of the lounges or the terrace*

Day 3:

- *Breakfast will be served at 8:30 am.*

- At 10:00 am, we will be having a yin yoga class.
- At 11:30 am, we will be taking another walk along the SW coastal path.
- Lunch will be a packed lunch if you are on the guided walk.
- In the afternoon, you can enjoy some free time to relax or explore the area.
- At 5:00 pm, we will have a group activity with a guest speaker.
- Dinner will be served at 7:00 pm.

Day 4:

- Breakfast will be served at 8:30 am.
- At 10:30 am, we will have our last gentle class of the retreat.
- Check-out time is at 12:00 pm.

I know you will fall in love with Hope Cove and I hope that you leave feeling refreshed and rejuvenated!

Reserve your place

Alison Bailey

Email: alison@better-bodies.co.uk

**Supplement Activities
Payment**

Payment of £35 made to Alison Bailey, details to follow.
