Hope Cove, Devon - Spring Retreat

22nd-25th April 2027

A message from Alison

I am excited to plan another delightful retreat and share the stunning scenery of Hope Cove with you. I've included below all the necessary details about the 3-day retreat for your reference. Please do not book your stay at this moment, but instead, send an email to me at alison@better-bodies.co.uk to reserve your place and room type.

The Cottage Hotel's rooms offer stunning views of the sea, allowing you to enjoy the beautiful scenery from your own private space. Your stay includes bed, breakfast, and dinner! If you have any additional requirements or preferences, please notify the hotel. 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.

Types of Rooms

PLEASE BE AWARE: THE PRICES LISTED BELOW ARE FOR 2026. IN 2027, THERE WILL BE AN INCREASE OF £9 TO £17 PER NIGHT, DEPENDING ON THE ROOM GRADE AND OCCUPANCY. FOR INSTANCE, A COTTAGE ROOM PRICED AT £123 FOR SINGLE OCCUPANCY IN 2026 WILL BE £133 IN 2027.

Room grade - 2026 2027 to be confirmed.	Rooms available	DBB / 2 people prpn	DBB / Single Occ. prpn
Premier double/twin (Sea View) Balcony	6	£319 pn	£207 pn
Large Standard double/twin (Sea View) Balcony	6	£219 pn	£142 pn
Standard double or twin (Sea View) Balcony	8	£209 pn	£136pn
Cottage Double (Sea View)	5	£189 pn	£123pn
Budget Double (Back facing)	5	£169 pn	£110pn
Cosy Budget Single (Back facing)	2	-	£94 pn

All rooms are en-suite with either a shower over bath, or a walk-in shower, hospitality tray, colour television and direct dial telephones. Please note that the back-facing rooms have no view, and there is a generator outside that starts early in the morning.

Nightly rates include a daily changing Table D'hôte dinner menu, offering up to five courses for those interested, along with a hot and cold breakfast buffet. Additionally, the hotel is pleased to offer a packed lunch for our excursions, available for £10 per person..

IMPORTANT Booking Information:

All the rooms listed above are reserved for our retreat, and reservations operate on a first-come, first-served basis. To secure your desired room type, please email me first at: alison@better-bodies.co.uk. I will notify you when it's time to contact the hotel to finalise your booking.

The hotel will require £100 per room as a deposit. Deposits are non-refundable. If you cancel outside of 30 days before your arrival, your deposit will be retained by the Hotel, but

can be credited against another stay within six months of the cancellation date. If you cancel within 30 days, before arrival, your deposit will be forfeited. Guests are invited to consider an independent holiday insurance scheme such as www.allcleartravel.co.uk

Directions: https://hopecove.com/the-cottage-hotel/how-to-find-us

If you don't want to drive, the nearest railway station is Totnes (19 miles/31 kilometres). It is advisable to take a taxi from Totnes. I also recommend driving via Totnes, as it will mean you will miss some of the lanes. Some of you are local to each other, and you may want to car-share. I have set up a WhatsApp group; let me know if you'd like to be added.

Activities Supplement

The retreat includes one gentle class each day, a guided walk, and a session with a guest teacher who will introduce something new. All activities are optional; you can take part as much or as little as you like.

If you prefer, you're welcome to spend your time relaxing on the beach, reading, or using my two kayaks and paddleboard. Please note that activities may change depending on the weather in Hope Cove. The cost is £45 and is due two months before the retreat date. If you cancel, I can refund the £45 if I'm able to fill your place.

Essential Items to Bring:

- **Comfortable walking shoes: Trainers or walking boots suitable for both beach and SW Coastal path walks. Good walking socks add extra comfort.**
- **Waterproof jacket and layers: Be prepared for different weather conditions.**
- **Reusable water bottle: Staying hydrated is important, especially during our activities.**
- **Small rucksack or bag: Useful for carrying water, snacks, and other essentials while out and about.**
- **Walking poles: Helpful on some terrain if you use them, but they are not essential.**
- **Fitness mat: This is important for our morning stretch classes.**
- **Blanket: Handy for comfort during our relaxation session.**
- **Sunscreen and lip balm: Protect your skin from sun exposure, even on cloudy days.**
- **Hat and sunglasses: Essential for keeping cool and shielding yourself from the sun during walks.**
- **Casual and comfy clothes: Perfect for downtime and relaxation.**
- **Smart casual attire for dinner: Something comfortable yet appropriate for evening meals.**
- **Swimwear/swim towel: If you'd like to enjoy the sea!**
- **Favourite snacks: Convenient for between meals, although the breakfast and evening meals are hearty!**

The Beautiful Cove

The retreat itinerary is subject to change based on weather conditions, but here is a preview of what you can anticipate.

Day 1: Thursday

- Check-in time is at 3 pm. I will be there to meet you. If you want to arrive a little earlier, the hotel can store your luggage. Please settle into your room and take some time to explore the hotel.

- Join us at 3.45 pm in the ***Cove Room*** *for a meet-and-greet session with other retreat participants. There will be a few health and safety formalities to complete, but after this, we will take a short stroll around the village and through the inner hope valley(it depends on the weather, we might consider taking the walk after dinner)*

- Dinner is served at 7 pm, please meet in the bar at 6.30 pm

Day 2: Friday

- Breakfast is served between 8:00 am and 9:30 am

- At 10 am, you are welcome to join a 30-minute mobility class to prepare us for our walk

- At 11 a.m, we will head out on a guided walk along the Southwest Coastal Path, heading towards Bolt Tail and further.

- **Packed Lunch Option: Bottle of Water, Sandwich & Flapjack.** *The hotel can provide packed lunches for the walkers. The cost is £10.*

- At 4 pm, join a soothing mindfulness session with Helen's Sound Meditation. Immerse yourself in a wonderful experience featuring the calming sounds of sound bowls, gongs, chimes, and other beautiful instruments.

- Dinner will be served at 7 pm, please meet in the bar at 6:30 pm

- After dinner, you can relax in one of the lounges or on the terrace.

***Day 3*: Saturday**

- Breakfast will be served between 8:00 and 9:30 am.

- At 9.45 am, we will have a gentle warm-up and stretch session.

- At 10:30 AM, we will head out on another walk along the SW coastal path, this time heading in the opposite direction.

- **Packed Lunch Option: £10**

- In the afternoon, you can enjoy some free time relaxing or exploring the area. Maybe a dip in the sea!

- Dinner will be served at 7 pm, please meet in the bar at 6.30 pm

- After dinner, you can relax in one of the lounges or on the terrace.

Day 4:

- Breakfast will be served between 8:00 am and 9.30 am.

-At 10 a.m., we will hold our final gentle class of the retreat.

- Farewell and check-out time is at 11 am

I know you will fall in love with Hope Cove, and I hope you feel refreshed and rejuvenated!

Alison Bailey

Email: alison@better-bodies.co.uk

Supplement Retreat Activities Payment - £45

Please make your payment before 28/2/2027
Alison Bailey, NATWEST
sort code - 60-11-01
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