

Retreats 2026

Nourish Your Soul Retreat Saturday March 21st 2026 10 – 4 Scout Hut Bembridge	<i>Embrace the opportunity to relax and recharge for the day. Reset and Rewind with Meditation and Relaxation. Journey through the Chakras, mobilise with Pilates and take part in a group Quantum healing session</i> <i>Join Penny and Caroline to fully Nourish your Soul, Mind & Body</i>	£80 pp £25 deposit
Wander and Wonder Foraging Retreat Saturday May 9th 2026 10 – 4 Scout Hut Bembridge	<i>The art of foraging is almost as ancient as humanity itself</i> <i>Have you ever wanted to forage for and learn how to use wild plants to aid health and wellbeing or to ‘zing’ up your culinary skills and impress your guests?</i> <i>Join Penny and Joseph for a fantastic day of Movement, Meditation and Foraging</i>	£100 pp £25 deposit <i>Please dress appropriately for the weather!</i>

Getaway from Everyday Retreat Saturday July 11th 2026 10 – 4 Scout Hut Bembridge	<i>At times we can be very overwhelmed by busy schedules, 'to do' lists and the fast-paced rate of life!</i> <i>Getaway from Everyday on this re-energising and soul balancing retreat</i> <i>Join Penny and Dee for Movement, Meditation and Pilates, plus learn the techniques for a relaxing Lavendar foot massage</i>	£100 pp £25 deposit
Strengthen your Body and Soul Retreat Saturday October 10th 2026 10 – 4 Scout Hut Bembridge	<i>As we age, our bone density and the health of our bone tissue begin to decrease and we are more at risk of fractures and broken bones.</i> <i>Join Penny and Kerry for a retreat to strengthen both your body and soul!</i> <i>Learn how to use weights safely (strength circuit) plus the use of resistance equipment during Pilates to help maintain bone strength</i>	£100 pp £25 deposit