

Summer Renewal

Wild Wellness Retreat

LANGDALE

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Itinerary

DAY 1 – ARRIVAL & UNWIND

3pm

Check-In

Settle into your room, breathe out, and begin to slow the pace.

Free time

Time to explore the estate, enjoy a gentle walk, visit the leisure facilities independently, or simply rest.

6-7pm

Welcome & Gentle Slow-Flow Yoga

A grounding arrival practice to stretch the body, calm the nervous system, and mark the beginning of our retreat together.

8pm

Group Dinner

A relaxed, communal dinner from a carefully designed menu, hosted in Stove Restaurant & Bar. An opportunity to connect, unwind, and ease into the retreat atmosphere.

DAY 2 – MOVE, EXPLORE & RESTORE

8-9am

Morning Movement

An energising yet accessible morning session blending yoga, stretch, mobility, and mat-Pilates-inspired flow to wake the body gently.

8.45am

Breakfast at Stove

Hearty, nourishing breakfast enjoyed together.

10am-1:30pm

Guided Hike & Optional Wild Swim

A guided mindful hike with Lauren, connecting with nature at a steady, supportive pace. Optional wild swim for those who wish, with time for rest and reflection.

1:30-2pm

Lunch in the Brimstone Spa Deli

Relaxed, casual lunch to refuel after the morning's adventure.

2-4:30pm

Brimstone Thermal Spa Experience

Optional guided thermal journey with a meditative focus, allowing deep rest and restoration.

*Treatments must be pre-booked and are subject to availability, additional charges apply.

5-6:30pm

Evening Slow-Flow Yoga & Meditation

A calming practice to soften the body, quiet the mind, and integrate the day's experiences.

7.30pm

Group Dinner at Stove

A relaxed, communal dinner from a carefully designed menu, hosted in Stove Restaurant & Bar. An opportunity to connect, unwind, and ease into the retreat atmosphere.

DAY 3 – INTEGRATE & RENEW

8am

Morning Swim, Sauna & Free Time

Optional swim and sauna at Langdale Leisure Facilities, or free time to relax and pack at your own pace.

9am

Breakfast at Stove

Hearty, nourishing breakfast enjoyed together.

11am-12:30pm

Closing Yoga Practice & Ceremony

An uplifting, energising yoga session followed by a closing circle to reflect, reset intentions, and complete the retreat journey.

