



Your Wild Women's Retreat Itinerary:

Three days to slow down, reconnect and recalibrate.

Our weekend will unfold at a gentle, unhurried pace, with a balance of guided experiences, nourishing meals, meaningful connection and time entirely for yourself.

Everything is optional. This is your retreat, and you're free to join in as much or as little as you wish.

Friday – Arrive & Unwind

From 4:00pm | Arrivals & Settling In

Find your accommodation, wander through the woodland and gardens, enjoy a cup of tea and begin to leave the outside world behind. Optional holistic treatments will also be available during free time.

7:00pm | Welcome Dinner

Our first shared meal together, with delicious, locally sourced home-cooked food and time to get to know one another.

8:30pm | Opening Women's Circle

Gather around the fire to meet the group, share intentions and gently settle into the weekend. Afterwards, enjoy the campfire beneath the stars or retreat for an early night.

Saturday – Reconnect & Restore

8:00am | Morning Yoga

Begin the day with gentle movement, stretching and mindful breathing. Suitable for all abilities.

9:30am | Shared Breakfast

A leisurely breakfast with wholesome, nourishing food.

10:30am | Forest Bathing & Nature Connection

Immerse yourself in the woodland through guided sensory experiences, mindfulness and quiet reflection. An opportunity to slow down and reconnect with the natural world.

1:00pm | Shared Lunch

Delicious, nourishing food and time to relax together.

3:00pm | Nature Craft & Creative Reflection

Explore your creativity using natural materials in a reflective, hands-on workshop. No experience needed.

5:00–7:00pm | Time Just for You & Holistic Treatments

Rest in a hammock, explore the gardens, enjoy the sauna and cold plunge, journal, read or simply sit and listen to the birds.

For a little extra indulgence, treat yourself to an optional Ayurvedic yoga massage, Indian head massage or Reiki treatment, available to book at an additional cost.

This time is entirely yours to spend however you wish.

7:00pm | Shared Dinner

8:30pm | Evening Sound Bath (to be confirmed)

Deep relaxation and nervous system regulation through sound.

Sunday – Reflect & Renew

8:00am | Morning Yoga

Gentle movement and mindful breathing to ease into our final day.

9:30am | Shared Breakfast

10:00am | Accommodation Checkout

We'll move our belongings out of the accommodation before continuing with the day's activities.

11:00am | Optional Wild Swim

Take a refreshing swim in the lake or simply enjoy the peaceful surroundings and watch everyone else with a warm drink.

1:00pm | Shared Lunch

2:30pm | Closing Women's Circle & Fire Ceremony

Gather around the fire to reflect, release whatever you'd like to leave behind and set intentions for the journey ahead.

4:00pm | Farewells, massages and heading home

Head home feeling rested, connected and hopefully a little more wild.

This itinerary is a guide rather than a rigid timetable. Activities may change depending on the weather and the natural flow of the weekend. You're always welcome to take time for yourself.

Holistic treatments are optional, charged separately and subject to availability. Booking will be open closer to the time of the retreat.