



RETREAT 2022

4TH - 8TH SEPTEMBER
MONKTON WYLD COURT



This Grade II listed Neo-Gothic court was built in 1848.

Monkton Wyld is located in the rolling hills of Dorset and within walking distance of the stunning Jurassic coast.

The grounds also include terraced lawns, a forest and orchard fields leading to a bliss stream surrounded by Victorian walled vegetable gardens. The water comes from Monkton's own wells and waste water is processed through their own wetland filtration system. We use as much solar energy as possible.



Join us at this beautiful venue for a truly relaxing and revitalising yoga retreat. This retreat is carefully designed to refresh to your mind body and spirit.

Every day we will practise yoga in the morning (before breakfast) and again in the evening (before dinner). The morning practice will be energising and strengthening. The evening practice will be restorative and relaxing. As you all know we have a deep love of yoga. For us yoga is to love yourself and to allow us to be who we really are.

All yoga sessions are optional.

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Lets get together to
Rest
Reflect
Restore
Heal
Explore
Breathe
Relax
Nurture
And Laugh



£495 pp
Inc. yoga, accommodation
and breakfast, lunch and
dinner

Limited single bedrooms-
sharing is fun and
interesting!!





Get in touch if you have any questions.

We hope to see you at this beautiful retreat.

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