SPRING YOGA RETREAT 2027

10–13 APRIL 2027 | 3 NIGHTS

The Old Bakehouse • Norham, Northumberland



A few days just for YOU

Escape to the charming village of Norham, near the River Tweed and Scottish border, for a welcoming spring retreat filled with yoga, relaxation, nourishing food and good company.

Settle into the characterful Old Bakehouse, explore beautiful Northumberland or simply enjoy time to slow down. Whether you come alone or with a friend, you will be warmly welcomed.

Your arrival

Saturday 10 April: Arrive from 12:30 pm, with a welcome lunch prepared by Colin at 2:00 pm.

A gentle farewell

Tuesday 13 April: Enjoy your final morning and lunch together. Guests not staying for the extension depart at 2:00 pm.

MOVE • BREATHE • REST



Yoga with kindness at its heart

Enjoy morning and evening yoga, with a thoughtful mix of movement, yin yoga, pranayama, meditation and yoga nidra. All levels are welcome; there is no pressure to achieve a particular pose or keep up with anyone else.

Delicious food, lovingly prepared by Colin

All meals during the three-night retreat are included. Colin will prepare fresh, nourishing, mainly pescatarian food. Vegetarian, gluten-free, dairy-free and other dietary requirements can be accommodated with advance notice.

Explore — or simply relax

Join an optional local walk around Norham, the River Tweed and Norham Castle, or take time to rest and enjoy the surroundings.

We also plan an optional group visit to Holy Island (Lindisfarne), travelling in shared cars with Melanie and volunteer guest drivers. Access to the island is free; guests contribute to parking and pay for their own pub lunch. The visit will be arranged around safe tidal crossing times.

YOUR RETREAT DETAILS

Three nights • 10–13 April 2027

SHARED £545 pp | SINGLE £730 pp

Includes three nights' accommodation, all meals prepared by Colin and the yoga and wellbeing sessions. A £150 non-refundable deposit per person secures your place and is included in the price. The balance is due 9 January 2027.

Extend your Northumberland adventure

Two additional nights: £150 per person in total (£75 per person, per night), including breakfast prepared by Colin. Lunches, evening meals and outing costs during the extension are not included.

Tuesday 13 April: Optional afternoon trip to Bamburgh Castle and the coast; admission and personal spending are extra.

Wednesday 14 April: Optional Farne Islands boat trip. Melanie will arrange the tickets, which guests pay for separately. The trip depends on weather, sailing conditions and availability.

Thursday 15 April: Breakfast, then departure for guests taking the full extension.

Booking and practical details

Contact Melanie to enquire about availability. A booking form will be sent directly to you. Booking is subject to the form, deposit, confirmation and full booking terms. Guests are required to arrange appropriate insurance.

CALL OR TEXT 07765 441109

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Come on your own. Come with a friend. Come as you are.