



A RETREAT BY THE BEACH

better-bodies.co.uk

Hope Cove Devon

8th, 9th, 10th May 2025

I am excited to plan a delightful retreat and share the stunning scenery of Hope Cove with you. Below are all the necessary details about the 3-day retreat. Please **do not** book your stay at this moment, but instead, **send an email to me at alison@better-bodies.co.uk** to reserve your place at the retreat and I will then let you know when the rooms are available to book. There are only 18 places available on the retreat. Once they are filled I will start a waiting list.

The Cottage Hotel rooms offer amazing views of the sea, allowing you to enjoy the beautiful scenery from your room. You will need to call the hotel directly to book your stay which includes bed, breakfast, and dinner! Should you have any additional requirements or preferences, please let the hotel know. If you want to stay for an extra night, you can do so and the hotel staff will be happy to help you in any way possible

Room Rates: Kindly refrain from booking your room until I give the green light.

- Single Occupancy: £83 - £176 per night including bed, breakfast and dinner.
- Double Occupancy: Deduction of £28 per person on the below prices (some rooms can be made into twin beds)

Booking Information:

- No deposit is required for your stay; the hotel will hold your card details and payment will need to be made with reception on the morning of your departure. (The Cottage Hotel does not accept American Express Cards)

- Cancellation Policy: If you need to cancel your booking, you are required to do so a month before your stay. Otherwise, the hotel has the right to charge you the full amount.
- If cancellation is out of your control, I will try to fill your space with someone from the waiting list, but this cannot be guaranteed. You may wish to consider holiday insurance.

Types Of Rooms:

- Back-facing shower budget room, no view and single occupancy only - **£83 per night**
- Small double room with a shower, no balcony/terrace but sea views - **£137 per night**
- Standard double room, no balcony/terrace but sea views - **£145 per night**
- Double room with a balcony/terrace and a sea view - **£163 per night**
- Delux double room with a balcony/terrace and a sea view - **£176 per night**
- Premier double room, no terrace or balcony but sea views - **£176 per night**

An additional supplement of £35 will be charged for the retreat activities, which you will pay to me closer to the event date. The activities will consist of one or two gentle classes per day, a guided walk, and a guest teacher who will offer something new to you. You can participate in these activities as much or as little as you like. Alternatively, you are welcome to spend your time relaxing on the beach, reading a book, or hiring kayaks or paddleboards. Please note that the activities may be subject to change depending on the weather conditions in Hope Cove.

Essential Items to Bring:

- **Waterproof jacket**
- **Walking shoes or trainers, especially for coastal walks**
- **Walking poles (optional - only if you prefer to use them)**
- **A small backpack and water bottle**
- **Yoga or fitness mat**
- **Comfortable workout attire, barefoot is acceptable for the relaxed classes**
- **Cozy blanket or throw for relaxation sessions**
- **The dinner dress code is smart casual**



The Beautiful Cove

The retreat itinerary is subject to change based on weather conditions, but here is a preview of what you can anticipate.

Day 1:

- *Check-in time is at 3 pm. Please settle into your room and take some time to explore the hotel and the surrounding area.*
- *Join us at 4 pm for a meet and greet session with other retreat participants. We will take a short stroll around the village and end with a gentle class.*
- *Dinner is served between 7:00-8.30pm*

Day 2:

- *Breakfast is served between 8:00 am -9:30 am*
- *At 10:30 am, you are welcome to join a gentle stretch and mobility class.*
- *At 12 pm, we will be taking a guided walk along the SW coastal path.*
- **Packed Lunch Option:** *For a small additional cost, the hotel can provide packed lunches for the walkers. Please note this option is still to be confirmed.*
- *In the afternoon, you will have free time to explore the area or relax at the beach.*
- *Dinner will be served between 7:00- 8:30 pm.*
- *After dinner, you can relax in one of the lounges or the terrace.*

Day 3:

- Breakfast will be served between 8:00–9:30 am.
- At 10:30 am, we will be having a yin yoga class.
- At 12 pm, we will be taking another walk along the SW coastal path.
- **Packed Lunch Option:** For a small additional cost, the hotel can provide packed lunches for the walkers. Please note this option is still to be confirmed.
- In the afternoon, you can enjoy some free time to relax or explore the area.
- At 5:30 pm, we will have a group activity with a guest speaker.
- Dinner will be served between 7:00–8.30 pm

Day 4:

- Breakfast will be served between 8:00– 9.30 am.
- At 10:30 am, we will have our last gentle class of the retreat.
- Check-out time is at 11 am

I know you will fall in love with Hope Cove and I hope that you leave feeling refreshed and rejuvenated!

Reserve your place - **SOLD OUT**

To be added to the waiting list, please email alison@better-bodies.co.uk

Alison Bailey

Email: alison@better-bodies.co.uk

**Supplement Retreat
Activities Payment**

Payment of £35 made to Alison Bailey, details to follow in 2025
