

Lotus RETREAT EXPERIENCES

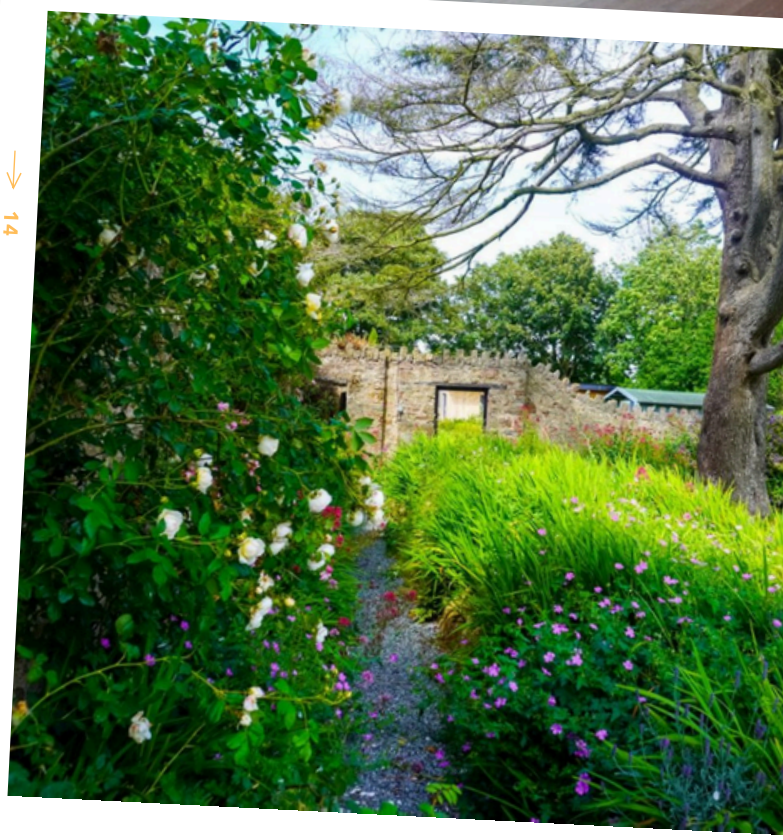
JJoin us for four days of yoga, Pilates and restorative downtime at a beautiful country manor house near Newborough, Anglesey.
With our own hot studio, exceptional food and time to unwind, this is a chance to step away from everyday demands and enjoy a proper reset.

I'll be joined by Joanne Salt and Sarah Nolan, who has recently returned to Hot Lotus to lead our Thursday evening Flow and Unwind class.

Together, alongside visiting guest practitioners, our mix of teaching styles and experience will create a wonderfully varied programme—the perfect blend of yin and yang, with space and time just for you.
Come alone, with a friend or as a couple, and do as much or as little as you like.

Arrival from 10.30am on Friday 30 April 2027, closing at 4pm on Bank Holiday Monday 3 May. Four days together, three nights away.





LOTUS RETREATS
EXPERIENCE

ANGLESEY

April 30th - May 3rd 2027

Time away that stays with you

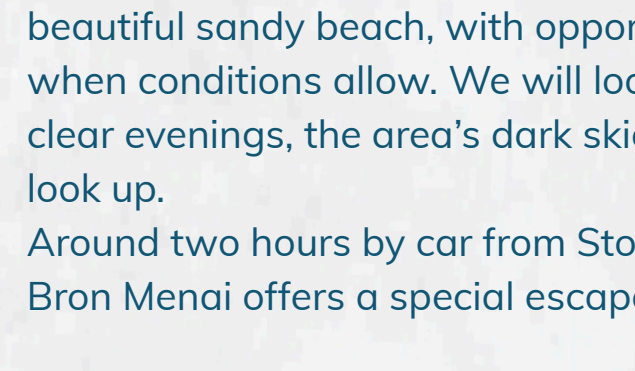
After co-hosting our Portugal and Conwy retreats this year, I have seen just how much these experiences can mean to people. A holiday gives us a welcome break; a retreat also gives us the space and support to pause, reflect and reconnect with ourselves.

The most wonderful part is the connection that develops between people who arrived as strangers.
It happens in the little moments: a conversation over brunch, laughter after class, a country walk , or the relief of realising that you do not have to organise anything for a while.

My hope is that you leave feeling rested, refreshed and a little more connected to what makes you feel good.


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A beautiful place to slow down

Our home for the weekend is Bron Menai, a beautifully restored manor house in peaceful Anglesey countryside. Elegant bedrooms and welcoming living spaces give us room to gather, while quieter corners offer somewhere to curl up with a book or enjoy time to yourself.

The large kitchen and dining area will be at the heart of our weekend, with comfortable lounges and gardens providing plenty of space to get to know your retreat companions. Between sessions, enjoy the sauna, soak in the hot tub or try a refreshing cold plunge.

Newborough Beach and Forest are a short drive away. This extraordinary coastline sits within the Anglesey National Landscape, an Area of Outstanding Natural Beauty, while the island forms the GeoMôn UNESCO Global Geopark. We will make time for gentle nature walks, spring woodland colour and the beautiful sandy beach, with opportunities for an optional sea dip or wild swim when conditions allow. We will look out for bluebells along our spring walks. On clear evenings, the area's dark skies offer another lovely reason to pause and look up.
Around two hours by car from Stockport, depending on your route and traffic, Bron Menai offers a special escape within easy reach of home.


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ANGLESEY

April 30th - May 3rd 2027





Nourishing food and an unhurried day

Our resident chef Niamh

I am delighted that Niamh, our fabulous chef in Conwy, will be joining us for the whole weekend. Her food is gloriously healthy and absolutely delicious, and those who joined us in Conwy will know just how much there is to look forward to.
Expect a generous brunch, tempting afternoon snacks and a delicious evening meal, all freshly prepared for us. Dietary requirements can be accommodated; please let us know when booking. Water and juices will be provided, and wine will be available too. This is not a teetotal retreat!

What a day might look like

The programme will vary across the weekend, with guest workshops woven around our practice, meals and free time. This is a flavour of the rhythm, rather than a fixed timetable.

Morning

Ease into the day with journaling or free time in the house & garden, followed by Yoga or Pilates and a leisurely brunch prepared by Niamh.

Late morning and afternoon

Enjoy woodland or beach walks, perhaps with a sea dip at Newborough. Across the weekend, we will experience Calum's breathwork workshop, and sound with Angharad,

Time for yourself

Read, relax in the hot tub or sauna, try the cold plunge or book a treatment with Frances.

Before dinner

Gather for an evening yoga practice before freshening up for a delicious meal and conversation around the table.

Evening

Unwind with guided yoga nidra or a quiet evening with your retreat companions.

Outdoor activities and sea dips are optional, weather and sea conditions permitting.





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Move, breathe and unwind

Our dedicated hot studio, with mirrors and glorious views, is a wonderful setting to deepen your practice or try something new. When the weather allows, we will take our practice outside too.

Movement with plenty of choice
Myself, Joanne and Sarah will guide our daily yoga and Pilates sessions, bringing a mix of teaching styles and experience to a varied programme. Enjoy the traditional 90-minute Bikram series, the uplifting energy of Bikram Beats and hot Pilates, alongside Vinyasa flow, restorative yoga and yoga nidra. There will also be opportunities to explore inversions playfully, with guidance and alternatives. The perfect blend of yin and yang, with space to choose what feels right for you.

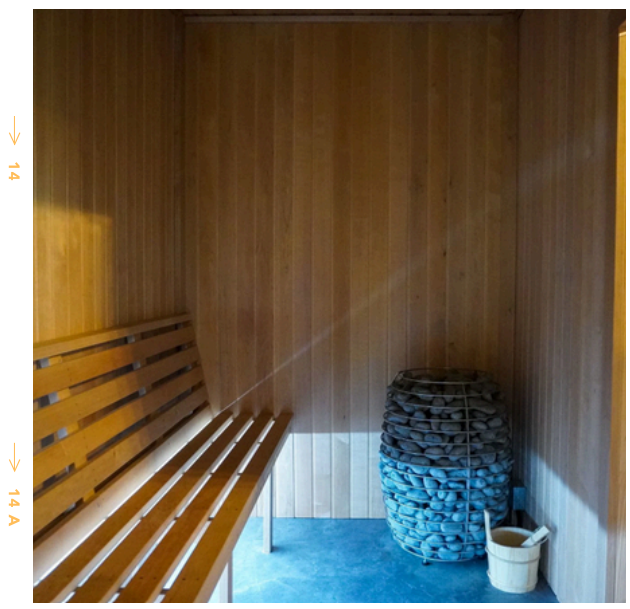
Breathwork with Calum Stronach
Calum, a trauma-informed psychotherapist, will guide a workshop drawing on conscious connected breathwork, offering dedicated space to explore your breath and reconnect with yourself.

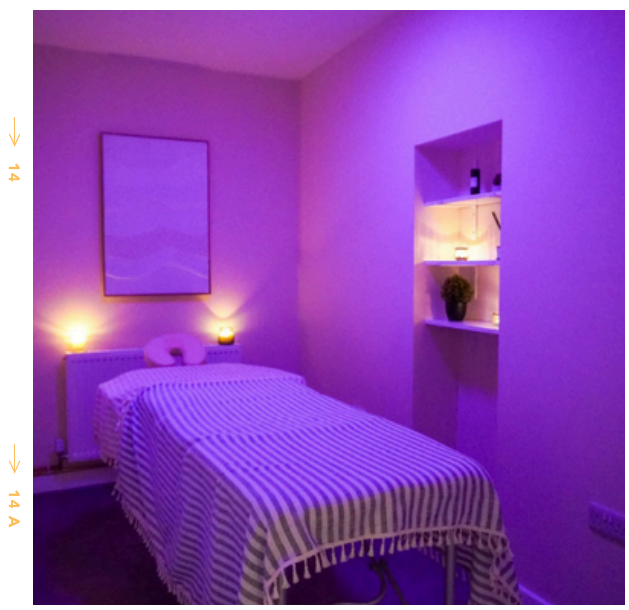
Sound with Angharad Wright
Angharad will guide us through a glorious sound bath, giving us time to settle, unwind and immerse ourselves in the sounds.

Treatments with Frances Scott
Reiki practitioner, reflexologist and healer Frances Scott will join us, with individual treatments available to book at an additional cost in Bron Menai's beautiful treatment room.

The weekend welcomes all abilities, with options to adapt your practice. Nothing is compulsory: join the sessions that appeal to you and leave room for rest whenever you need it.







Space to rest between sessions

There is no need to fill every hour. The sauna, hot tub and cold plunge are there for you to enjoy throughout the retreat, alongside comfortable lounges and peaceful outdoor spaces. A little time doing very little can be one of the best parts of the weekend.

ANGLESEY

April 30th - May 3rd 2027

What's included

- Three nights' accommodation in your chosen shared or sole occupancy room, with ensuite bathrooms.
- ·All retreat meals: brunch, afternoon snacks and dinner, prepared by our resident chef Niamh
- ·Water and juices, with wine (with dinner).
- ·Daily yoga and Pilates, including hot studio sessions!
- ·Meditation and breathwork sessions,
- ·Morning journaling, indoor and outdoor circle time, and opportunities for guided yoga nidra and relaxation.
- ·Use of the hot tub, sauna and cold plunge.
- ·Nature walks and opportunities for optional sea dips
- Individual Reiki & reflexology treatments available at additional cost.
- Cottage accommodation is priced separately on enquiry.

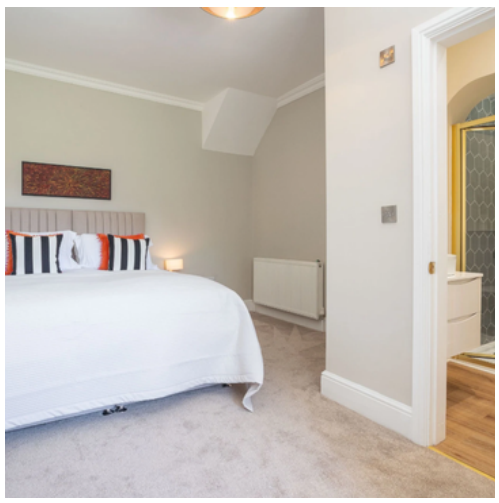




Accommodation

Manor House rooms





Bron Menai's eight individually styled bedrooms combine the character of a country manor with beautifully finished interiors. Our retreat room options include twin sharing, sharing a king-size bed and sole occupancy, with private bathroom facilities. We will help you choose the room arrangement that suits you.
Whether you prefer to share the experience or have a room to yourself, you will have a comfortable place to retreat to at the end of the day. Room layouts vary, so please ask us about the available options when booking.

Prefer a little more privacy?

There are also beautifully converted one- and two-bedroom cottages within the grounds, just moments from the manor house. These offer an alternative for anyone who would prefer their own dedicated space while enjoying the retreat programme with us. Please message us for cottage availability, accommodation details and prices.

Cottage accommodation







A retreat offers something that stays with you long after you return home. It's time to step away from the demands of everyday life, be looked after and reconnect with yourself.
After our retreats this year,
I've seen how much that space—and the connections we make—can mean. My hope is that you leave feeling lighter, rested and more like yourself.
I'd love you to join us in Anglesey.

With love, Heidi, Joanne and Sarah x

INVESTMENT & BOOKING

Manor House
Twin share - £650pp
(based on twin bed room share)
(There is one room with one double and one single)
Kingsize share £600pp
(based on double bed room share)
Sole occupancy - £900pp
(based on double bed room)

One bedroom cottages - with double bed
(3 available)
Twin share - £700pp
Sole occupancy - £1000

EARLY BIRD OFFER BOOK BEFORE 30th NOV AND SAVE £50
£300 deposit – secures your space

Final balance due: 1st March 27

