



Winter yoga retreat in the heart of the New Forest

A day of deep nurturing to revitalize your energy, ease tension and rekindle warmth in body, heart and soul with **Katy Williams**

The retreat includes:

- Strengthening yoga practice**
- Meditative breathwork**
- Nourishing home-cooked lunch**
- Soothing sauna**
- Restorative postures**
- Guided deep relaxation**

10am til 4pm

**Saturday 10th January 2026
Tuesday 13th January, 2026.**

**Tiptoe Lodge, Middle Road,
Tiptoe, SO41 6FX.**

£95 per day

To book or find out more call 07530 955 986 or email katy.elliott2@gmail.com