



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