

Spring Rejuvenation retreat

A self realisation retreat for
clarity, rest and redirection

13–17 May 2026 |
Penally Manor | Wales



This spring, before the summer rush arrives, give yourself one of the rarest gifts – space. Space to breathe, to think, to feel, and to imagine what's next.

Have you found yourself in a place of transition lately? Work shifting, home dynamics changing, not feeling fulfilled by your daily life? Maybe a sense that life is asking for a new shape, **one of liberation?**

Then this retreat is designed precisely for you, to explore this in-between place and find the tender pivot between who you've been and who you're becoming. Maybe the change you crave is subtle or life changing. This is the moment you decide to get away and **find you again.**

Love from
YOGA



What we'll do

Over **four luxurious** days on the Pembrokeshire coast, you'll step away from the **noise of daily life** and into a sanctuary of clarity, rest, and gentle **self-reclamation**.

Spacious days. Deep **nourishment and connection**. **Delicious homemade food to feed your soul** and a carefully woven programme for you to rest and rise.

✨ **Daily yoga**, intelligent movement designed to support mobility, strength, and nervous system regulation — **suitable for all bodies and levels**. Bonding in classes with fun and laughter.

✨ **Guided reflection**, meditation and workshops. Practical, heart-centred sessions to help you clarify what's changing — and what still matters. To help you look for the joy in life.

- **Picture crisp Welsh air**
- **Guided coastal walks**
- **Optional wild sea swims**
- **Time in nature**
- **Chatting in the hot tub**
- **Simply resting — without needing to justify it.**



What you'll gain

This is not a makeover. It's a remembering - of how great you are.

You'll feel:

- **Clearer** — about what matters to you
- **Calmer** — less reactive, more rooted in your body
- **Braver** — about taking the next step however small
- **More trusting** of yourself
- **More like you**— Less willing to let the inner or outer critic run the show

You'll leave with:

- An aligned inner compass
- A clear route ahead
- A sense of what brings you joy and how you are moving towards it.
- A 1-2-1 guided personal plan for the future you at your best.
- A personal movement or meditation plan written just for your needs.

This is clarity that comes only from listening deeply, not pushing harder.

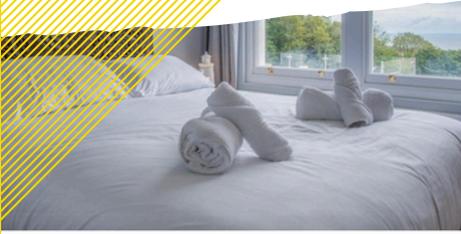
"The yoga retreat was truly wonderful and something I'll remember for a long time. It felt energising, inspiring and deeply restful all at once. I met some lovely people and the yoga was beautifully varied. The food was sensational and left me feeling healthier from within. The house was stunning and the views were simply perfect." Elaine



All images were taken on last years retreat



Nestled on the wild Welsh coastline at Penally Manor, the retreat offers sweeping sea views, generous communal spaces, and a sense of calm that invites your whole nervous system to exhale.



Emma Parkes-McQueen

You'll be guided by Emma, an experienced yoga teacher and wellness facilitator. Drawing on Buddhist-and yogic-inspired principles, Emma creates spaces where people can **soften, reconnect, and grow**, with more ease, pleasure, and self-trust.

Come for the joy.

Come for the freedom.

Come for a few precious days of your time.

To rest, to nourish yourself, and to feel like you again.

Investment

Retreat fee that includes the four day programme, all meals, snacks and workshops £650.

Accommodation fees range from £325 - £685 depending up on the room (ask for details). **Early bird 10% discount B4 14th Feb** Sign up with a £350 deposit.

For more info call Emma 07982 307926
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