FIRE & WATER

winter retreat

YOGA. MEDITATION. QIGONG

followed by beach fire under the Wolf moon



Saturday 23rd January 2027

2-6pm

The Smuggler's Retreat, Pett Level

Join Catherine Burnett and Mae Dewsbery for a restorative afternoon of movement, stillness and connection.

This half day retreat includes:

Welcome drink

Nourishing Winter Yoga class

Yoga Nidra (Deep Relaxation)

Qigong

Seated Meditation

Followed by a fire circle, with warm drink,
on the beach under the rising Wolf Moon

Cost:
Early bird: Only £40 if booked by end 2026
Then £45 from 2027. Gift vouchers available.

To book email: mae@circleandtideyoga.com
or scan the QR code

