

Yoga & meditation coastal retreat: Trefacwn, St Davids, West Wales

2023 yoga retreats are running May 19th to 21st and Oct 27th to 29th



Trefacwn is a Grade 2 listed Georgian Mansion overlooking the Irish Sea on the beautiful and unspoiled North Pembrokeshire landscape of West Wales. It is set in four and a half acres of lawns and woodland, in a stunning location, with panoramic views over both the countryside and sea; from Strumble Head (six miles north) to St Davids Head (6 miles south). More information can be found: <http://www.trefacwn.co.uk>



The weekend retreat at this beautiful tranquil coastal estate includes:

- Yoga & Meditation: Up to 8 led yoga sessions,
- Accommodation: options include a range of accommodation in the mansion, some with sea views & en-suite bathroom,
- Sauna & invigorating freshwater lily-pad swimming pool,
- Organic meals (breakfast, lunch and dinner) and teas & snacks,

Each retreat will offer a range of yoga, mindfulness meditation and pranayama practices that will take place in the beautiful purpose-built Roundhouse with underfloor heating. Yoga practice will include restorative, flowing, therapeutic style practices to help you connect mind and body and with the aim of moving you into a more balanced and rejuvenated state. As well as the yoga on offer there will be plenty of space to enjoy free time, to simply rest and be, and to soak up the peace and tranquillity of both the estate and local area. You can participate in every session or take quiet time out to relax or to explore the beautiful countryside. If you are new to yoga or have been practicing for years, there's something for everyone.

The group facilitator and yoga teacher will be Jo Bogacz. Jo is an experienced yoga teacher, yoga therapist and group facilitator, specialising in meditation, pranayama, and yoga nidra practice.



Yoga programme on offer over the weekend will include:

- Morning meditation/pranayama practice,
- Late morning workshop style session with a range of asana and meditative practices,
- Early evening restorative practice,
- Evening meditation/yoga nidra.



There is single and shared accommodation in the mansion available, including:

- dormitory style,
- single (with a supplement),
- twin,
- double,
- king-size, and
- four separate cottages for rental.



Prices start at £400 with shared accommodation for the weekend inclusive of yoga. There are spaces for partners to attend and to pay exclusive of the weekend yoga element. There is the option to pay a single supplement on certain rooms. A non-refundable £100 deposit will secure your space.



Contact Jo Bogacz for more details and to book

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