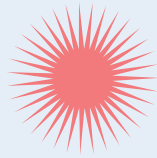


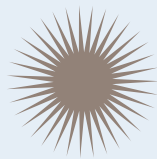
fran's RETREAT
NATURE NURTURE NOURISH

TRESCO





NATURE NURTURE NOURISH



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Fran's Spring Equinox Yoga Retreat - Tresco

21ST - 26TH MARCH 2026

I am inviting you to helicopter onto Tresco to celebrate The Spring Equinox
- the beginning of Spring!

This retreat is FOR YOU if you wish to embrace renewal and balance through specific yoga practices, that will awaken and energise your mind, body and soul, whilst being immersed in Mother Nature.

Join me for 6 nights of 're-balancing' at the most divine island beach house
- a "boutique retreat" for just 8 ladies, keen to disconnect from the mainland and re-charge with the simplicity of island life.

Together, we shall cherish this time of self-care, clear out any stagnant energy left over from the winter months and focus on enhancing vitality! I will encourage you to sow 'seeds' of intention for the season ahead and my hope is that you will return home feeling fabulous!





NATURE

During the days, explore Tresco by bike or walk barefoot along the pristine beaches while breathing in the sea air to enhance your wellbeing. Enjoy walking through the beautiful Abbey Gardens - such perfect timing as they literally will be 'springing' to life!

Come prepared to immerse yourself and be inspired by a beautiful seascape... journal, paint and Island hop as you wish!

NURTURE

I will be teaching a daily sunrise Yoga Flow and Yin at sunset in the on-site Yoga Studio - all levels welcome whether you are a beginner or a seasoned yogi!

Wild swim at any time from a white sandy beach right outside the house before warming up in our very own private KLAFS-designed spa, with a Marinace Verde Brazilian granite steam room and a sumptuous sauna with infra-red seats.

Digital detoxing fully supported.

You will also have free access to the Island Spa - great for those who prefer to swim in a heated pool, use the gym or indulge in treatments - bookable in advance.

I am a qualified "Menopause Yoga Teacher" and an Ayurvedic Clinician so you can also expect this wisdom to be woven into my teaching. My aim is to send you home feeling re-invigorated and confident in your practice with additional 'tools' to inspire your own daily wellbeing rituals.

NOURISH

Private Chef Issy trained at the world renowned Ballymaloe Cookery School. Issy, knows Tresco well having previously been the chef for Tresco Abbey and a retreat chef at our beach house. She is passionate about food that speaks to the soul and will nourish us throughout the 6 days with a locally sourced seasonal vegetarian menu involving elements of foraging from the island landscape - from teas to garnishes to shrub shots for gut health.

To compliment her focus on optimal gut health I have invited Issy to lead one of her interactive workshops on Foraging, Fermentation or Tincture making during the retreat - capturing the benefits of seaweed in particular!





THE RETREAT HOUSE

This light-filled, beach-front house is Tresco's newest addition, combining a stunning location with bright, spacious interiors overlooking the white sands of Green Porth Beach.

The partly reverse-level accommodation makes the most of the far-reaching views across the sea and countryside - generous social spaces combine with cosy corners perfect for all seasons.

Whether padding across the lawn for a morning sea swim, warming up around the firepit or gazing out at the mesmerising sea views, the house is defined by its perch atop the white sands and marram grass-crowned dunes of Green Porth.

Subtropical planting designed by Tresco's Abbey Garden team provides a wonderful sense of space, all with the backdrop of the cottage, its walls hewn from local granite. The front garden provides a plethora of perfect hideaways for sun-kissed breakfasts or lazy afternoons and across the lawn, a yoga deck awaits sunrise salutations. After swimming, rinse your feet in the outdoor heated footbath or refresh under the outdoor rain shower.

Wander straight from the spa into the tranquil courtyard garden, complete with a pergola and bordered with fruit trees.

CHOOSE YOUR ROOM - 6 NIGHTS

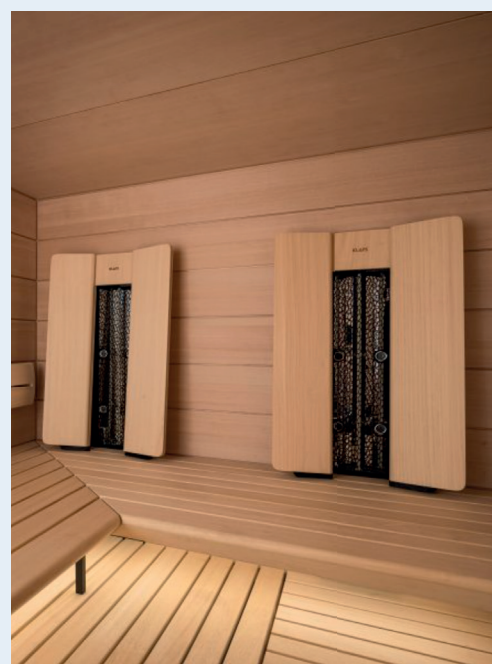
Please [enquire here](#) regarding prices

- 1 x Master Bedroom Super King ensuite - upstairs with 2 balconies.
- 1 x Second Master Super King ensuite - garden access.
- 1 x Super King ensuite.
- 2 x Twin en-suites - for 2 friends or family members to share
- 1 x Private Annexe with Super King bedroom, kitchenette & living room.

PRICE INCLUDES

- 6 nights. Full board.
- Entry to Tresco Abbey Garden, Sea Garden & Tresco Island Spa facilities.
- Tresco tennis courts.
- 4 Bikes to share.

(Please note Travel to Tresco, island-hopping boat trips and spa treatments are not included.)





TRAVEL TO TRESKO

The most direct route to Tresco is with Penzance Helicopters.

www.penzancehelicopters.co.uk

Check in is 5pm on arrival day.

I recommend getting the train to Penzance or I may be able to connect you to a car-sharing option with other retreat ladies.

You can also travel to the neighbouring island of St Mary's by plane from Land's End, Newquay or Exeter with Skybus but they may not be operating full services in March.

Another option is by sea from Penzance aboard Scillonian III.

www.islesofscilly-travel.co.uk

Transfers from St Mary's to Tresco are payable onboard. Once on Tresco, you'll be taken to our Retreat house by a complimentary shuttle bus.

TO REQUEST YOUR PLACE

Please call me to discuss the retreat further if you wish and check availability.
Please email me your name and phone number plus room preferences - please name your friend if you are willing to share one of the 2 twin bedrooms.

Once I have confirmed your retreat place and room, please kindly request my bank details to transfer a non-refundable deposit of £500 to secure your booking. The remaining balance will be due November 1st 2025.

Please ensure you have Travel Insurance at the time of booking and kindly note that any cancellations can only be refunded, if between us, we can re-fill your place.

Please then book your Helicopter flights or alternative travel arrangements to Tresco as soon as possible.

Much love coming your way and I really hope you will be able to join me for an uplifting retreat on Tresco next March.

Fran x

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