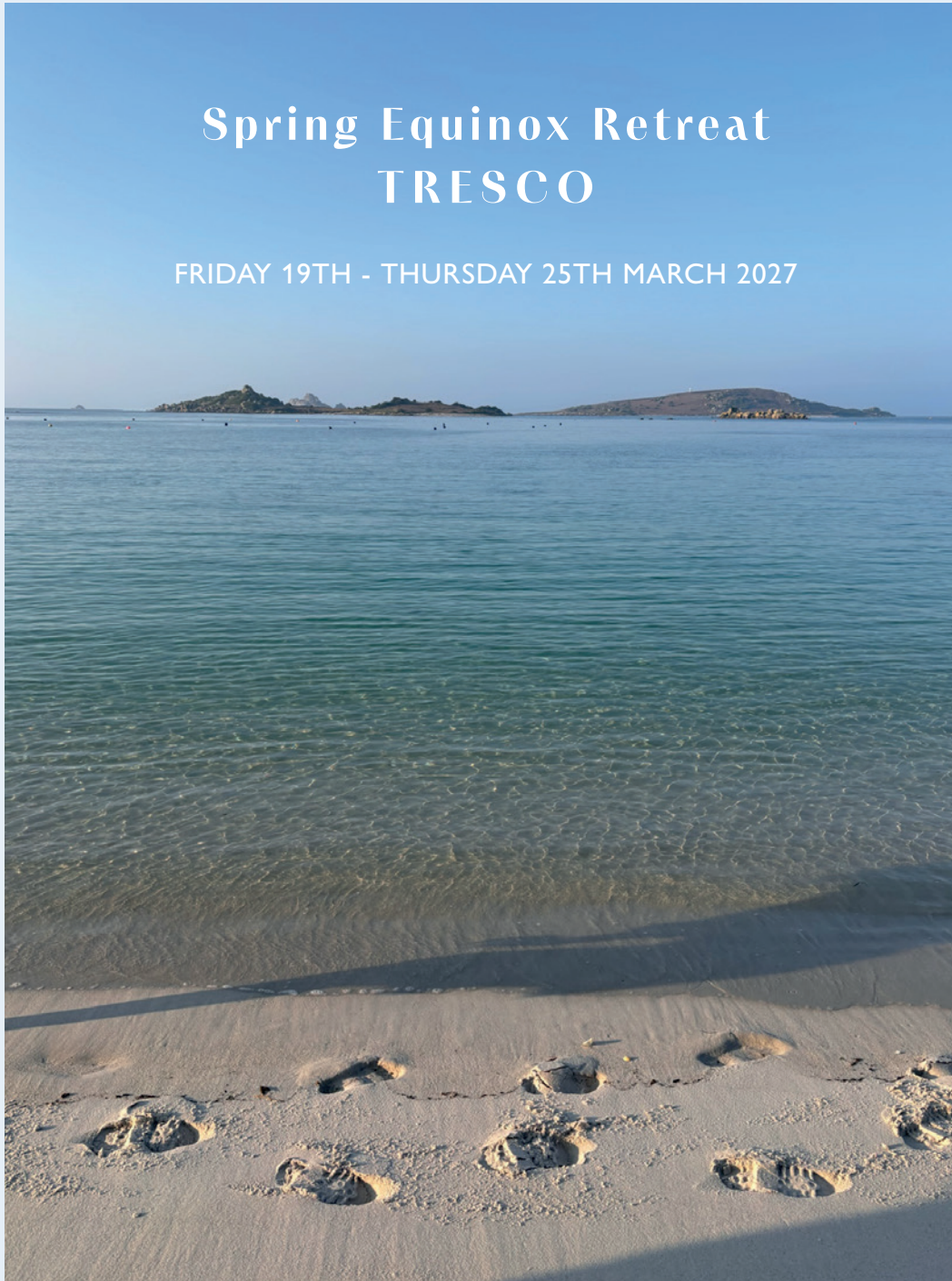


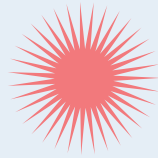


Spring Equinox Retreat TRESKO

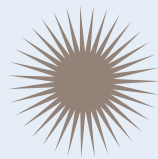
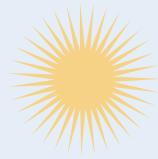
FRIDAY 19TH - THURSDAY 25TH MARCH 2027



NATURE NURTURE NOURISH



“The gift of time to embody seasonal balance.”





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Fran's Spring Equinox Yoga Retreat - Tresco

FRIDAY 19TH - THURSDAY 25TH MARCH 2027

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

The island is yours to explore at your own gentle pace. I shall guide island walks embracing the wildness of the northern coastline and some of Britain's most pristine beaches to the south. Allow the salt air and the sound of the Atlantic to work its magic! We shall enjoy wandering through the stunning Abbey Gardens, in all their Spring freshness with time to sit and be entertained by the red squirrels!

Come and be inspired to write, reflect, sketch the shoreline, birdwatch or to simply sit and watch the tide. Bring your journal, your paints, your favourite book and most importantly an open heart.

NURTURE

This is your time - to be held, to be guided, and to blossom.

Honour your circadian rhythm - begin each day with a golden "silent sunrise hour" to meditate and swim before an energising yoga flow to awaken the body and welcome the returning light. As the day softens, enjoy a deeply restorative Yin practice to nourish your organs and integrate stillness. Held in our beautiful on-site yoga studio, all levels welcome - whether you are stepping onto the mat for the very first time or deepening your practice.

Adventurous guests can swim wild from the sheltered white-sandy beach, literally a stones throw from the garden gate, before receiving the warm embrace of our private spa, with granite steam room and infrared sauna.

Enjoy complimentary access to the Tresco Island Spa - perfect for those who prefer a heated pool or a gentle gym session. Treatments can be booked in advance.

As a qualified Menopause Yoga Teacher and Ayurvedic Clinician, this wisdom threads purposefully through everything I teach. My deepest intention is to send you home feeling re-invigorated, reconnected and genuinely confident in your own practice with fresh tools to carry your spring energy forward into the months ahead.

NOURISH

As the earth awakens, so does our appetite for lightness, freshness and renewal.

Food on this retreat is medicine. Drawing from the ancient wisdom of Ayurveda, every meal will be thoughtfully prepared to honour and support your body as it transitions out of winter and into the vibrant energy of spring. In Ayurvedic tradition, spring is the season of Kapha - a time to lighten, cleanse and stimulate - and your meals will reflect this.

Expect bright, fresh, lightly spiced dishes that gently detoxify, re-energise and awaken your digestive fire, boost your metabolism and support your liver.





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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.

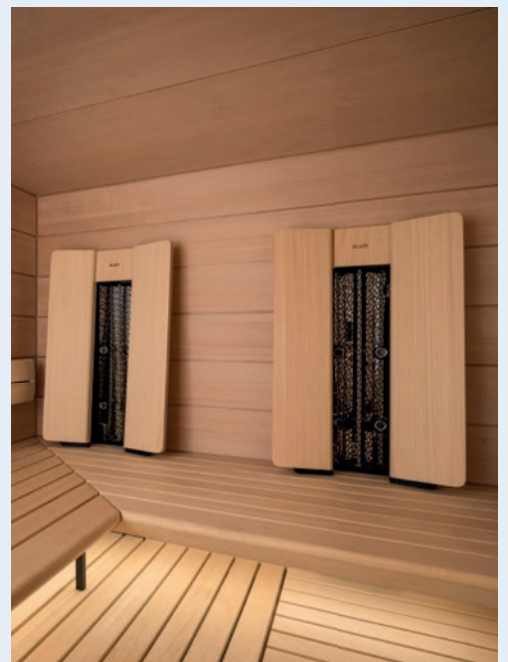
Subtropical planting designed by Tresco's Abbey Garden team provides a wonderful sense of space, all with the backdrop of the cottage, its walls hewn from local granite.

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

- 1 x Ultra Master Bedroom Super King ensuite with copper bath and separate shower/steam room. Upstairs with spectacular sea views, dressing room, tea/coffee unit and 2 balconies
- 1 x Super King bedroom ensuite. Upstairs with magical sea views.
- 1 x Super King ensuite with dressing room. Downstairs with private patio and sun loungers.
- 1 x Private Cottage - with sea views, bathroom, living room and kitchenette. One Super King bedroom and one sofa bed option in living area. Available for sole use or to share with a friend - please enquire for sharing prices.
- 1 x Large Twin bedroom ensuite, with a sunroom, desk and daybed. Garden level with sea views. Available for 2 friends to share.
- 1 x Large Twin bedroom ensuite. Garden level with sea views. Available for 2 friends to share.





PRICE INCLUDES

- 6 nights full board with breakfast, lunch, afternoon tea and supper
- Yoga twice a day
- Guided Island walks

Free daily entry to:

- Tresco Abbey Gardens
- Tresco Island Spa & Sea Garden Spa
- Tresco tennis courts

And a few surprises along the way!

TRAVEL TO TRESCO

Getting there is the beginning of the adventure.

By Helicopter - Recommended. The most direct and scenic route to Tresco is with Penzance Helicopters - a 20 minute flight with stunning aerial views of the Isles of Scilly! I shall alert you as soon as flights are released but plan to take a 4pm outbound flight.

www.penzancehelicopters.co.uk

Outbound - 19th March 2027.

Fly direct from Penzance Heliport to Tresco approx 4pm.

Return - 25th March 2027.

Fly direct from Tresco back to Penzance Heliport approx 9.30am.

Please be aware that in adverse weather conditions, Penzance Helicopters may offer a later departure or arrange an alternative transfer by boat which can be fun too!

Getting to Penzance. I recommend travelling to Penzance by train - it's a wonderfully scenic journey and takes you all the way to the tip of Cornwall. Alternatively, I can connect you with a car-sharing option with fellow retreat guests.

Alternative Routes. If the helicopter doesn't suit, there are a couple of other ways to reach the islands:

By small plane - Skybus operates flights to the neighbouring island of St Mary's from Land's End, Newquay and Exeter, with onward boat transfers to Tresco.

www.islesofscilly-travel.co.uk

By sea - The Scillonian III ferry sails from Penzance to St Mary's. Transfers from St Mary's to Tresco are payable on board. This boat is due to be replaced in November 2026.

Transfers from St Mary's to Tresco are payable on board, whichever route you choose.

On Arrival. Once you reach Tresco, a complimentary shuttle bus will bring you to our retreat house. Check-in is from 5pm on 19th March - take a breath of that island air, settle in, and let spring do the rest.

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 2026.

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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instagram: [fransretreat](https://www.instagram.com/fransretreat)