

*fran's* RETREAT

TRESCO

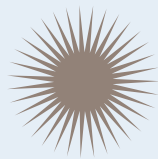
SATURDAY 31ST OCTOBER - FRIDAY 6TH NOVEMBER 2026



NATURE NURTURE NOURISH



*“The season is turning. Come gather yourself in.”*





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## Fran's Autumnal Yoga Retreat - Tresco

SATURDAY 31ST OCTOBER - FRIDAY 6TH NOVEMBER 2026

*As the days shorten and nature begins to turn inward, I invite you to gather on the wild and magical island of Tresco for a retreat that honours the beauty of this threshold season.*

Join me for an intimate escape rooted in the rhythms of autumn - a time to slow down, shed what no longer serves you, and nourish yourself from the inside out.

Drawing on the wisdom of Ayurvedic seasonal rituals, we will explore practices designed to support your body and mind as the year moves toward winter: warming, grounding, and deeply restorative.

Together we will walk Tresco's breathtaking coastal paths wrapped in sea air and golden light, move through yoga practices attuned to the season, and sink into the joy of cosy evenings around open fires.

For the brave and the bold, the Atlantic awaits - wild swimming to awaken the senses and remind you just how alive you are. And woven through it all, there will be space - space to reflect, to dream, and to consider how you wish to spend the winter months ahead. Come as you are. Leave restored, reconnected, and ready.





## 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 autumn glory 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, guided, and to simply be.

Honour your circadian rhythm, beginning as the island stirs with a sunrise Yoga Flow to awaken the body, and as the sun sets, a deeply restorative Yin practice to nourish your organs and deeper tissues. Held in our beautiful on-site yoga studio, all yoga levels are welcome - whether you are stepping onto the mat for the very first time or deepening your practice.

For the adventurous, swim wild from the 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 simple, soulful tools to sustain your wellbeing rituals back home.

## NOURISH

As nature draws inward, so does our appetite - calling us towards warmth, depth and wholesome simplicity.

Food on this retreat is medicine. Drawing from the ancient wisdom of Ayurveda, every meal will be thoughtfully prepared to honour the season and support your body as it transitions into winter. Expect warming, grounding foods and teas that kindle your digestive fire - all chosen to nurture gut health, strengthen immunity and restore balance.





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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.

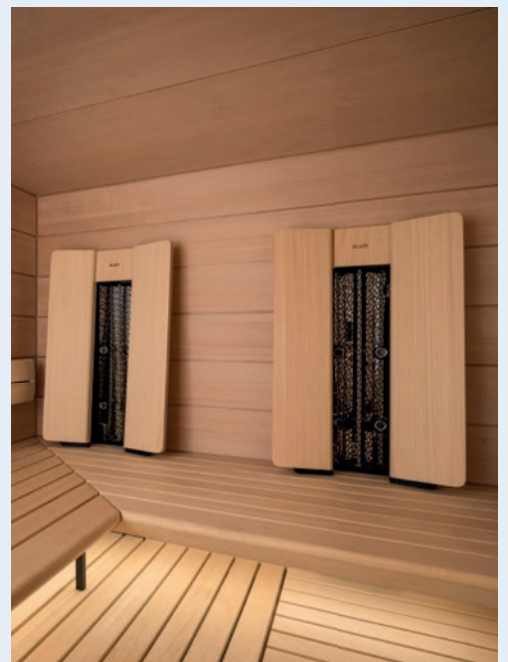
Whether padding across the lawn for a morning sea swim, warming up around the firepit or gazing out at the mesmerising sea views, the house is defined by its perch atop the white sands and marram grass-crowned dunes of Green Porth.

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 walk in shower/steam room. Upstairs with spectacular sea views, dressing room, tea/coffee unit and 2 balconies.
- 1 x Super King bedroom ensuite. Bath with rain shower overhead. Upstairs with magical sea views.
- 1 x Super King bedroom ensuite with dressing room. Bath and separate shower. Downstairs with garden access to private patio.
- 1 x Private Cottage - with sea views, bathroom with Bath and rain shower, living room and kitchenette. One Super King bedroom and one double sofa bed in living area. Available for sole use or to share with a friend, private bedroom and double sofa bed.
- 1 x Large Twin bedroom ensuite, with a separate sunroom, desk and daybed. Bath with shower overhead. Garden access with sea views. Available for 2 friends to share.
- 1 x Large Twin bedroom ensuite. Large walk in rain shower. Garden level with sea views. Available for 2 friends to share.





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## 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 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 - and I think it's a rather magical way to arrive.

[www.penzancehelicopters.co.uk](http://www.penzancehelicopters.co.uk)

Helicopter transfers are £359 return.

*Please speak to me before making your reservation.*

**Outbound - 31st October.**

Fly direct from Penzance Heliport to Tresco. Please book the **15:18 departure**.

**Return - 6th November.**

Please book the **09:49 departure from St Mary's to Penzance Heliport**.

Please note that direct flights from Tresco are not available in November, so I will arrange a jet boat transfer from Tresco to St Mary's in time for your flight - all taken care of!

*Please be aware that in adverse weather conditions, Penzance Helicopters may offer a later flight or arrange an alternative boat transfer. This is relatively rare but worth knowing.*

**Getting to Penzance.** I recommend travelling to Penzance by train - it's a lovely journey and takes you all the way to the tip of Cornwall. Alternatively, I may be able to connect you with a car-sharing option with fellow retreat guests - just ask!

**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. Please note that services may be reduced in November, so do check availability

[www.islesofscilly-travel.co.uk](http://www.islesofscilly-travel.co.uk)

**By sea** - The Scillonian III ferry sails from Penzance to St Mary's and is a beautiful if bracing option for the adventurous! Again, please check November sailing schedules in advance.

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 31st October.

## 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 August 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.

Fran x



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