



Slow Strength, Stretch & Sweat: Swanpool to Maenporth Walk, Class, Sauna & Spa Micro Beach Retreat

Costs:

Full Retreat: £31 (7 spots available)

Walk & Class only: £16

Booking confirmed on receipt of payment.



Sun 19 July 2026

Take little time for yourself. Here's the lowdown:

8.45am: Depart Swanpool Beach Cafe to start our SW Coast Path walk to Maenporth Beach. Walking boots or trail shoes recommended.

Optional, for those who'd like to carve out a bit more time outdoors.

9.30am: Maenporth beach Strength & Stretch class. Slower flow, powerful poses, strength building exercises + deep stretch (1 hr). Bring a **mat + water bottle**.

10.30am: Change into **swimsuits** on the beach or in sauna changing rooms. Quick dip in the sea for anyone in the mood for a cold rush before the heat! Bring 1-2 **towels** for the sauna, hot tub and sea. Flip flops/sandals advised.

11am-12pm: Private session at Maenporth Boatyard Sauna over the road from the beach. Woodfired sauna & hot tub, plus cold showers & plunge.

12pm: Those who'd like to linger longer may enjoy food and drink on the beach or at Maenporth Cafe, with children and families welcome to join us.

Walking back to Swanpool is another afternoon option.



Any questions? Contact

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Registration Form:

<https://forms.gle/mRWHe3oToLSkwx797>