

# Gylly Strength, Stretch & Sauna Micro Beach Retreat



**Sun 24 May 2026**

**Costs:**

**Full Retreat: £21 (8 people max.)**

**Class only: £11**

**Spots allocated on receipt of payment.**



**9.15am:** Meet at Gylly near Kiln sauna. If raining, we'll meet under the palm trees in the central area of Queen Mary Gardens. Bring a **mat** and **water bottle** for a slow strength and stretch class.

**10.15am:** Change into **swimsuits**. Be sure to bring 1-2 **towels** for the sauna and sea. Flip flops/sandals recommended. Quick dip in the sea for anyone in the mood for a cold rush before the heat!

**10.30-11.15am:** Kiln Sauna private session. Please note their safety Information ahead of time. Orange slices provided at the end.

**11.30am:** If you'd like to linger longer, feel free to enjoy food and drink on the beach or in Gylly Cafe. Families welcome to join us.



**Any questions?** Get in touch with **Elisabeth Watson** on **07908 724140** or **[melisabeth@gmail.com](mailto:melisabeth@gmail.com)**.  
Thank you!

**New client Registration Form.**