



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

Costs: Sun 28 June 2026

Full Retreat: **£26** (7 people max.)

Walk & Class only: **£11**

Spots allocated on receipt of payment.



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

9am: Depart Swanpool Beach Cafe to start our SW Coast Path walk to Maenporth Beach. Walking boots or wellies recommended.
Optional, for those who'd like to carve out a bit more time outdoors.

9.45am: Maenporth beach Strength & Stretch class. Slower flow, powerful poses and strength building exercises, followed by a deep stretch (1 hr).
Bring a **mat** and **water bottle** .

10.45am: 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? Get in touch with **Elisabeth Watson** on **07908 724140** or **[mselisabeth@gmail.com](mailto:melisabeth@gmail.com)**.

Thank you!

New client **[Registration Form](#)**.