



Greenman  
Gongs

# 2026 RETREAT

Sedbergh, Cumbria

Sept 28th - 1st Oct 2026

Fully catered

Join us at St Marks Stays



Exclusive Yoga Retreat  
Limited Spaces



Join us as Summer  
turns to Autumn for  
our second retreat.

This year we will have  
more daylight to enjoy  
the stunning scenery.



🌿 Exclusive Yoga Retreat — Limited Places Available! 🌿

✨ Escape to serenity in the stunning Cumbrian fells ✨

Stay in a beautiful heritage house with breathtaking views,  
surrounded by nature and peace.

What's Included:

Morning Yoga to awaken and energize

Evening Yin & Nidra sessions to deeply restore

Art Day at a heritage mill — creative workshop with lunch included

Soothing Sauna Experience – relax and detox

Immersive Gong Bath for deep vibrational healing

Group Walks through inspiring landscapes

Wholesome, soul-nourishing vegetarian meals by Soul Foods,  
Plus unlimited tea, coffee, juices and fruit.

✨ A relaxing getaway of mindful movement,  
creativity, and connection ✨

📍 Cumbria, UK

📅 September 28th – 1st of October

Investment: £685 pp sharing a twin/double ensuite room

Secure your space with a £100 deposit

Option to pay in instalments of your choice

Balance due by 1<sup>st</sup> of June 2026.

[CLICK TO BOOK](#)