

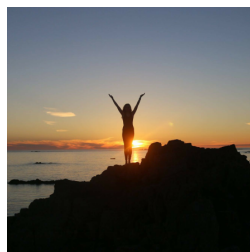


BEINSPIRED YOGA & WELL-BEING AUTUMN HERM ISLAND RETREAT

Offer Expiry Date
24/11/2019

Can only be used at
Herm Island
The White House Hotel, Herm Island,
Guernsey
GY1 3HR.

Tel: 01481 750075



Description/Terms and Conditions

Join Beinspired for their popular annual autumnal yoga and well-being retreat on Herm Island – an amazing opportunity to get away from it all, nourish and rejuvenate ahead of the demands of the Christmas festivities.

Two night package includes:

- Return boat transfer from/to Guernsey
- Shared accommodation in The White House Hotel cottage rooms with free wifi (single supplement £29.40)
- Healthy and delicious vegetarian breakfasts, lunch & evening meals, taken at the Mermaid Tavern
- Yoga sessions including a combination of asana (physical postures), pranayama (breathing), guided meditation and Yoga Nidra (deep relaxation). Bhakti Yoga (devotional chanting) also offered.
- Unlimited herbal teas, tea, coffee, and snacks
- Free run led by JP Macé and Debbi Stokes
- Free time to explore Herm at your leisure

On the Saturday, there is also the opportunity to enjoy a holistic treatment and/or join a creative and inspiring jewellery making session (additional cost)

There are 30 places available.

For more details or to book your space, please visit the [Beinspired website](#)

2 NIGHTS From £349 per person.

PLEASE MENTION THEBESTOF GUERNSEY WHEN YOU CLAIM THIS OFFER. NO VOUCHER REQUIRED.

This voucher has no cash alternative and is not transferable. It cannot be used in conjunction with any other offer or promotion. Photocopies will not be accepted. Rights are reserved to refuse custom and withdraw this offer at any time.