

The ISLANDS of GUERNSEY

The Islands of Guernsey announce yoga and meditation retreats on the car-free islands of Sark and Herm



Where better to relax and reset than the secluded car-free islands of Sark and Herm, the perfect destinations for a life-affirming yoga retreat. With surroundings filled with peaceful silence or sounds of the ocean, the opportunities for meditation and reconnecting with oneself are unmatched. Not only do the islands provide a peaceful haven away from the modern stresses of the world, the lack of light pollution on the islands makes for fantastic stargazing opportunities, with the island of Sark even gaining the label of a 'dark sky island'. Three retreats have been announced for 2023, two to kickstart the spring, and one to welcome in the colder months.

The island of Sark

With it possible to scale the entirety of Sark in just a day, its small and secluded nature makes it the ideal location for a yoga retreat. With opportunities for wild swimming in the islands natural rock pools, strolls along its many quiet bays or rides on Sark's famous horse and carriages, step back in time and enjoy the quaint nature of the island frozen in time.

Yoga Elements Retreat on Sark (24th - 26th March)

On Sark, the Yoga Elements Retreat gives guests the opportunity to explore the tools of yoga, posture, breathing and meditation. Whilst extensive time is dedicated to reconnection and wellbeing, the retreat also lays on extra fulfilment activities on the island, including a dark sky evening at the Sark Observatory, and even chocolate making for those with a sweet tooth. Included in the 'Yoga Elements' package is two nights at the cosy country house hotel, Stocks Hotel, located at the heart of the island, as well as a nutritious brunch and evening meal.

From £475 per person, not including travel.

Be Inspired Sark Spring Yoni Yoga Retreat (12th – 14th May)

The Be Inspired Sark Spring Yoni Yoga Retreat introduces guests to physical postures and breathing exercises used within yoga to relax the mind and body. Accommodating all levels, this retreat is the perfect getaway for anyone looking to develop their skills in breath awareness, hand gestures, visualisation and deep relaxation. With delicious vegetarian brunches and evening meals at the Stocks hotel, and opportunities to participate in 'Kirtan', singing and chanting meditation, this retreat will open up guest's eyes to new techniques for enhancing their wellbeing.

From £448 per person, not including travel.

The island of Herm

For those looking for white sandy beaches and vistas galore the island of Herm does not disappoint. The unspoilt nature of the island means that there are many bays and beaches for visitors to choose from. Dappled with traditional beach cafes and breath-taking walking routes, the island appeals to those wanting to reconnect with nature and enjoy the great outdoors.

Power Yoga Retreat on Herm (3rd - 5th November)

On Herm, the Power Yoga Retreat provides opportunities to learn different yoga postures, breathing exercised and practices of relaxation. Whilst at the retreat, guests will be treated to a stay at the prestigious White House Hotel, with its award-winning gardens, harbour-side setting and swimming pool, enabling guests of the retreat to fully unwind. Alongside these facilities, guests will be treated to two healthy breakfasts and evening meals.

Pricing on request.

How to get there:

Daily ferries depart from Poole and Portsmouth to Guernsey six times a day. Once on the island there are regular shuttle ferries from Guernsey to its surrounding islands, including Herm and Sark.

For more information on the retreats on Sark, please visit [here](#) and [here](#). For more information on the retreats on Herm, please visit [here](#).

For more information on the Islands of Guernsey, please visit [here](#).

For imagery, please see [here](#).