

# The Weekend Getaway YOGA RETREAT

*6<sup>th</sup> - 8<sup>th</sup> March 2026*  
*Burnham on Crouch, Essex*

Creeksea Place Barns is starting to feel like home! Join us for the third retreat at this gorgeous venue. A weekend of cosy barns, energising yoga, grounding workshops and homecooked food. After a few days in this wholesome space, expect to return home refreshed, restored and inspired

## Location

Creeksea Place Barns, Burnham-on-Crouch, CM0 8PJ

## Duration

Check in 3pm Friday, Leave 12pm  
Sunday

## Practice Level

It is recommended that you have an existing yoga practise for at least 6 months, the asana practise is not suitable for complete beginners but all levels are welcome

## Accommodation

Shared twins, single occupancy, and double rooms available in beautiful barns

## Meals

Vegan Brunch, Dinner and Refreshments included, lovingly created by a yogi chef and the team on site. There is also a wonderful cafe on site and barns also have kitchen facilities





## THE FACILITY

Creeksea Place Barns is a beautiful venue in Burnham on Crouch, a small fishing town just outside of Essex. We will practise in the Canary Shed, a stunning barn on site, just a short walk from the homely barns where you'll be staying. There is a hot tub and salt spa, as well as a gym and cafe on site too! Check it out at <https://www.creekseaplacebarns.co.uk/our-barns/>

## ITINERARY

Friday:

3pm arrive

4pm Welcome Circle

5pm Vinyasa Flow

7pm Dinner

8.30pm Restorative and Sound Bath

Saturday:

8.30-10.30am Morning Meditation, Pranayama and Asana (Rocket)

10.45 Brunch

Free Time

2pm Workshop

4pm Light refreshments

Free Time

5.30-6.30 Yin

7pm Dinner

8.30 Trataka and Guided Meditation/Nidra

Sunday:

7.30-9.30 Morning practise

10-11 Breakfast

11am check out and closing circle in Canary Shed

12pm Leave

This provides a rough idea of the schedule, which may be refined or tweaked.



# MEET YOUR HOSTS

## VIX

Vicky did her first Ashtanga training in 2019 and has now completed multiple trainings in hatha/vinyasa and Rocket Yoga.

Vix loves to support people to overcome their perceived limitations, combining influences from different lineages and techniques to build strength and confidence, bringing a sense of play to her dynamic classes



## JASMINE

Jasmine is a 500hr registered yoga teacher (Ashtanga, Hatha, Vinyasa, Rocket)

Drawing on 15 years of professional dance experience, Jasmine emphasises alignment and breath as pathways to experience the therapeutic effects of asana. Her own journey into yoga was deeply shaped by healing from a serious back injury, which continues to inspire her approach to teaching.



## EMILY

Emily was born in Maine, USA but has lived in England for over 20 years. She and her husband Harry bought Creeksea Place Farm in 2008 and have spent the last 17 years renovating the barns into a creative hospitality business. What started as a derelict farm has become the beautiful retreat space you see today! Emily is an artist, dedicated yogi and a passionate cook. She will be our chef for the weekend and loves to bring people together over delicious homemade food.





# PRICING AND HOW TO BOOK

**Includes:** 2 nights accommodation, all yoga classes, workshops, and meals

**SHARED ROOM (single bed):**

Early bird- £475pp  
Thereafter- £550pp

**DOUBLE ROOM (double bed sharing):**

Early bird- £475pp  
Thereafter- £550pp

**SINGLE OCCUPANCY ROOM (Double Bed)**

Early bird- £650pp  
Thereafter- £725pp

## BOOK YOUR SPOT

To secure your spot we ask for a non refundable deposit of £200 with the remaining amount to be paid by 12<sup>th</sup> Jan 2026 by bank transfer.

Early bird pricing ends 1<sup>st</sup> Dec 2025  
Email or whatsapp:

Vicky- 07793892144  
vinyasawithvix@gmail.com  
Instagram: @vix\_yoga

or Jasmine - Jasminelnor@outlook.com  
Instagram: @jasminelilyyoga

Once you request your room via email we will confirm availability and send you payment details (bank transfer).

If you have any financial worries at this time please do not hesitate to contact as payment plans and instalment options are available to make it easier for you.



# GALLERY

