
Looking to boost your energy, creativity and well-being?

Ready to embrace your gentler cyclical rhythms and to get more intimate with your feminine self?

Cat Westwood will guide the weekend through Scaravelli yoga, connecting with Seasonal Elements & Meridians- linking to her Shiatsu practice based on Chinese Medicine. Working with the breath, Movement & Yoga, Qigong and acupressure, a cacao ceremony, plus a sound bath.

Megan Powell will also share her in-depth knowledge on nutrition with a fermentation workshop, with some to take home, too!

One-2-One Shiatsu treatments available as *extra with Bubbling Spring Shiatsu

Contact Jenny Partridge
www.bubblingspringshiatsu.com

30 min treatment £30

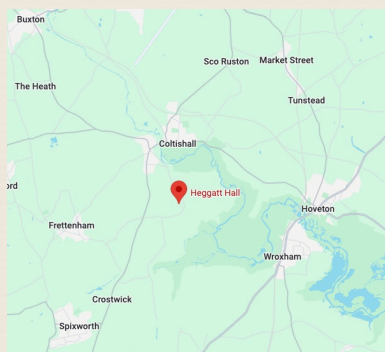
75 min treatment £65



HEGGATT HALL

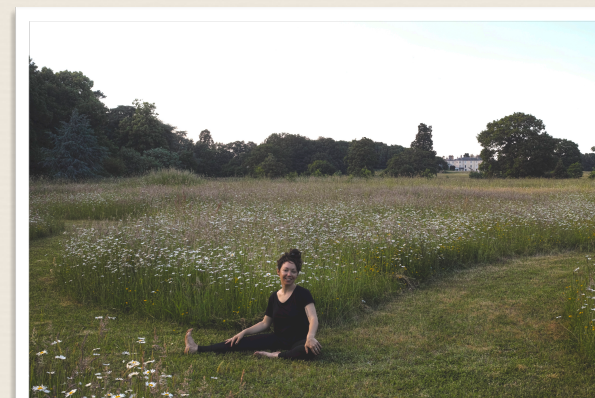


17th century Heggatt Hall is set within charming parkland, 1.8 acres of stunning grounds, rose gardens and orchards



Heggatt Road,
Horstead
NR12 7BU

WOMEN'S YOGA RETREAT



FRI 20th - SUN 22nd NOV

Reflective Autumnal practice to hunker down readying for the Winter

Cat Westwood

07503258670

catwestwood@outlook.com



A TIME FOR YOU TO RELAX AND BREATHE

Delicious menus by Marigold Catering, Megan Powell- Seasonal autumn vegetarian menu, with vegan and gluten free options. Please state when booking if you have any food allergies or intolerances.



Prices*

First floor Twin rooms - £520/per person

Second floor Twin rooms- £500/per person

Second floor Double room - £600 /per person

First floor King rooms - £650 /per person

*This covers accommodation, all meals, drinks, food and all your practice sessions and workshops.

An email confirmation from Cat Westwood and a £150 deposit confirm your space. The balance is due by August 15th 2026.

Private shiatsu treatments can be booked separately * not included in the prices above

(see One-2-one therapies above and get in touch for booking).

All the rooms at Heggatt Hall are very comfortable and spacious, with luxury en-suites and shared bathrooms.

There is a choice of single or twin rooms:

- ❖ Two twin bedrooms on first floor, as shared occupancy - with private bathroom, bath and shower head.
- ❖ Three twin bedrooms on second floor, as shared occupancy - with shared shower rooms.
- ❖ Two luxury King-size bedrooms, on the first floor - both with an ensuite bathroom, bath and shower head. For single occupancy £650 per person, but it can be shared (one king-size bed), £500 per person.
- ❖ One double-size bedroom as single occupancy, on the second floor - with shared shower room on first and second floors.

Before booking, please get in touch to double-check that your preferred room type remains available.

