

# The Wilderness Reset Retreat

**Cabilla Cornwall | 29 Oct - 1 Nov  
2026**



Set in a secluded valley nestled within the breathtaking surroundings of Bodmin Moor, Cabilla welcomes you into the ancient embrace of rare Atlantic Temperate Rainforest and peaceful wildflower meadows – all paired with elegant living spaces, comfortable accommodation and best-in-class facilities.

This long weekend, held just after the clocks change, is designed to help you recalibrate as the seasons shift. Look forward to grounding strength-based yoga, breath practices, meditation, wild swimming and time spent deeply off-grid. Structured morning practices followed by delicious breakfasts, give way to restorative evenings with plenty of space in between to reflect, reset and connect.



## Our Yoga Room & Shared Spaces

- In The Barns you'll find The Studio: a bright, airy space fully equipped with yoga mats, bolsters, blocks, straps and plenty of blankets.
- Modern bathrooms provide a touch of luxury with monsoon showers, underfloor heating, hairdryers and luxury eco products.
- The cosy sitting room with panoramic log burner and nature library is the perfect place to put your feet up

## Accommodation

*Sleep under the stars in Cabilla's signature Koyt Cabins.*

- The Koyts are located in the Glade, completely off-grid, a stones throw from the main Barns
- Linen and towels provided
- Log burners
- Keys for privacy and security
- Single or double occupancy configuration



## Eating & Drinking

There will be three vegetarian meals served each day alongside tea, coffee and snacks available to help yourself to. The food is lovingly prepared by our own Lilly Mann using local and seasonal ingredients.

Sample Menu\* Breakfast: quinoa porridge topped with cinammon stewed apples and yogurt. Fresh seeded bread, boiled eggs and fresh fruit available.

Lunch: Beetroot and apple soup alongside roasted veg sarnies.

Dinner: Thai green curry of chickpea, cauliflower and tofu served with brown rice and homemade pickles.

\*Menu subject to change at the discretion of the chef



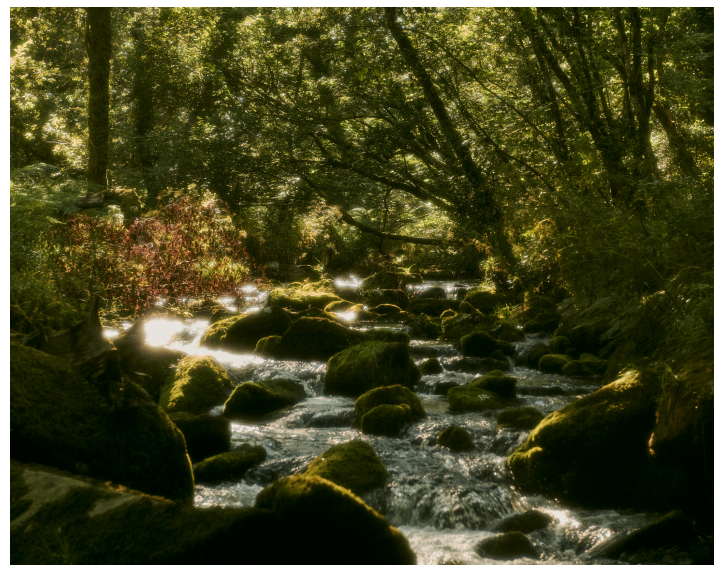
## On Site Activities

Wild swimming in natural pools along the pure waters of the Bedaldar River.

Woodland suana (we might need it after the swimming).

Walks exploring one of the UK's most exciting rewilding projects.

In-house osteopathic treatments (\*please note cost of individual treatments is not included but can be booked directly with Aurore).



# Our Team

## *Gianna Hewlett / Yoga*

My teaching draws on strength training, anatomy and classical yoga philosophy – but it's grounded in lived experience rather than theory alone. I'm interested in how a practice holds you up in your actual life, and passionate about creating spaces for you to deepen your sense of connection - to yourself and to those around you.

[www.giannahewlett.com](http://www.giannahewlett.com)



## *Lilly Mann / Catering*

Lilly cooks with a focus on a seasonality, locality and the pleasure of sharing food. Her style is simple and generous, letting the ingredients lead. A yoga teacher herself, with a background in Restaurant PR working with leading chefs and restaurateurs throughout the UK, she brings a considered eye to everything she makes.

[@Lilly\\_Mann](https://www.instagram.com/Lilly_Mann)



## *Aurore de Broqueville / Osteopathy*

As a specialist osteopath at the forefront of integrative, holistic care, I combine clinical expertise with a refined, patient-centred approach, working across physical and physiological systems to restore balance. My work is grounded in the belief that the body has an innate capacity to heal when given the right support.

[www.auroredebrokeville.com](http://www.auroredebrokeville.com)



## Sample Schedule\*

7.45-8.00 Optional morning meditation

8.00-8.30 Tea, coffee, juice available in the Barns

8.45-10.15 Morning yoga practice

10.30-11.30 Breakfast

12.00-1.00 Optional walk/ swim

1.30-2.30 Lunch

2.30-4.30 Free time

5-5.30 Tea

5.30-6.30 Restorative practice

6.45 Supper

\*schedule may be altered at the discretion of the teacher

## Getting There

Driving: Use the Google Maps link for Cabilla Cornwall [here](#) or on [What3words](#) with 'romantics.galaxy.budget'. We recommend that you drive if you want to explore the local area more easily while you're here. Plug PL30 4DW into your sat nav and follow the signs.

Train: Or to reach Cabilla by train, the nearest station is Bodmin Parkway, where you can arrange for a taxi to bring you here. We will put you in touch with other people travelling by train to arrange taxi shares.

## Cost & Registration

Shared Koyt (two single bed configuration): £725

Single Koyt (double bed configuration, single occupancy): £950

A 50% deposit reserves your place with the full amount due by August 31<sup>st</sup> 2026

Retreat fee includes: accommodation, 3 meals a day, tea/biscuits/fruit and all yoga sessions including full use of extensive studio props, and all other on-site activities bar osteopathy. Travel Insurance, train ticket and transfer, osteopathy treatments and excursions are not included and are an additional cost.

## Final Thoughts

We hope you come away feeling more connected to yourself and one another. Infused with a deeper understanding of the 'you' that you want to be, and of what it is that helps you find meaning and community on this wierd, wild and wonderful journey.

### *Terms & Conditions (insurance and cancellation policy)*

Insurance: To attend this retreat you must be covered by insurance, which should include adequate cover for medical expenses should you become ill. It is up to each individual to ensure that their travel insurance is adequate for this retreat.

Cancellation Policy: If you cancel your booking 30 days or less (or fail to join the retreat) there will be no refund given. Deposits are non-refundable.