
BLACK MOUNTAIN
RETREAT
22-25 October 2027



WHEN WAS THE LAST TIME YOU REALLY STOPPED?

Next autumn I'm inviting you to leave the to-do lists at home and join me for a cosy, peaceful yoga retreat in the glorious Black Mountains in Wales.

After a full (*read full-on*) summer, autumn offers a chance to pause, count your stock, and consider where you want to put your focus.

On the brink of the celtic festival of Samhain, the end of harvest and a marker to the darker months of the year, we've found the perfect place to nestle deeper into the season and recharge.

The Black Mountain retreat will take place at a beautifully restored farmhouse in a stunning part of South Wales, where you are invited to let go of all the should's and enjoy all the best parts of Autumn.

Over four days, you'll forge new friendships, unwind in both body and mind and explore our incredible surroundings.

There will be meditation, yoga, walking and so much more on offer, but you're equally welcome to sack off most of that and spend the weekend with your feet up, nodding off by a crackling fire (I won't tell anyone!)

You'll leave feeling limber and well rested, with a fire in your heart, and ready to meet the darker months with intention.

FFOREST BARN





Our retreat will take place in a really special spot in the Forest Coalpit valley on the edge of the Brecon Beacons national park. It's made up of two buildings: a luxuriously converted 17th-century oak-beamed stone barn, and an eco-friendly wooden Dutch barn.

Inside you'll find an iconic open coned fire, steam shower and roll top bath, while outside, there's a toasty hot tub, sauna and natural swimming pool as well as a fire pit, where you can get cosy whilst you gaze at the milky way.

Best of all, the site is nestled in between the Sugarloaf Mountain and Llanthony Valley, which means you'll wake up every day to views of the breathtaking Bryn Awr hill and a lush green forest. Oh, and did I mention there's a herd of Alpacas onsite too?

Accommodation is in comfortable and lovingly decorated rooms across the barns, with some cosy private cabins scattered around the site. Rooms are allocated on a first come, first serve basis.





OWL`S NEST



A snug double room with wooden beams and beautiful views. Shared access to steam shower and rolltop bath.



Sole occupancy £655
Sharing £585pp



TWIN PEAKS



Bright and spacious room which can be made up as a twin or a double bedroom. Featuring floor to ceiling windows, incredible views and the decor is a playful nod to the 90's TV series. Shared access to rolltop bath and steam shower.

Sole occupancy £730
Sharing (twin or double) £615pp





PIGSTYLE

A comfortable, colourful ground floor twin/double room with an oak wood heated floor, and an en suite bathroom with bath and shower.

Sole occupancy £705
Sharing £605pp

ECO POD

A cosy and private twin pine eco pod, set away from the main house, with an outdoor deck to soak up the sun.

Sharing £545pp
Sole occupancy £645





THE LIGHT HOUSE





A bright and comfortable shared room with two single beds, a lower double bunk, and a higher single bunk. The double bed is single occupancy.

Single bed £495pp
Double bunk £495pp
Single bunk £475pp

THE VISION

Private en suite cabin set away from the main house with a stunning view of the surrounding hills and shared access to the outdoor shower. There is a small double bed and a single bed.

Sharing £555pp
Sole occupancy £605pp





THE PEOPLE

Rosie (she/they) is a community organiser, yoga instructor and events producer and will be leading meditation, yoga and anatomy sessions over the weekend.

Yoga has transformed the way she interacts with the world, and she's on a mission to share her passion with others. She loves the precision of Iyengar yoga, the creativity of Vinyasa, and the complete release of Restorative, and marries these energies together in her classes to give people an experience of yoga, or union.

Her teaching is playful, light-hearted and she's always ready with a wildcard metaphor to make you think about an old pose in a new way.





Graham Glue is a foraging expert and has many years experience as a qualified walk leader and has been leading foraging walks for 16 years. He will lead the group on a foraging nature walk.

From foraging for edible plants and mushrooms to saving lives as a Western Beacons Mountain Rescue volunteer, you'll be in safe hands.

Graham loves to share his extensive knowledge of the flora and fauna of the local area in a fun and informal way.

His passions is to share and educate all ages about the wild bounty that Wales has to offer and how to forage safely.

NUTS AND BOLTS

You're welcome to arrive from 4pm on the Friday, in time to get settled before the evening practise and meal. The schedule for the weekend will look something like...

Friday

4pm Guests arrive
6-7.15pm Gather together for slow flow
7.30pm Dinner

Saturday

7am Morning meditation
7.30-9am Dynamic yoga
9.30am Breakfast
1.30pm Lunch
3-4.15pm Asana surgery
6-7.15pm Restorative

Sunday

7am Morning meditation
7.30-9am Dynamic yoga
9.30am Breakfast
11am Foraging wildlife walk with Graham
1.30pm Lunch
6-7.15pm Flow to restore
7.30pm Foraged Feast

Monday

7am Yoga and closing circle
9am Breakfast
10.30am Guests depart

GETTING THERE

Forest Coalpit is equidistant from Abergavenny and the idyllic small town of Crickhowell.

By train: You can get a train to Abergavenny from London Paddington (2.5 hours), Bristol (1.5 hours) and Birmingham (2.5 hours). From the train station, it is a 10 minute taxi ride to Forest Coalpit. We can put you in touch with other guests if you want to share a taxi.

By car: Forest Coalpit is 1.5 hours drive from mid Wales and Bristol and a four hour drive from London. We encourage people to ride share where possible.

BOOKING

To confirm your place on the retreat, please email me - rosieslay@gmail.com - with your first choice of accommodation. I'll send over an official booking form and deposit invoice. Payment plans are available.