



Journey to Stillness on the Water

Step aboard for a deeply restorative three-hour holistic retreat cruise through the tranquil waters of Poole Harbour. This is more than a boat journey—it's an invitation to reconnect with your truest self.

A Voyage for Mind, Body and Soul

Join us for an immersive wellness experience that blends ancient practices with the healing power of the sea. As we glide past Brownsea Island, Millionaire's Row and the stunning Sandbanks Peninsula, you'll be guided through transformative practices designed to help you release, reconnect and realign.

This carefully curated retreat creates space for deep restoration. Whether you're seeking clarity, emotional release or simply a moment of profound peace, this journey offers sanctuary on the water.



Your Three-Hour Journey Unfolds



Flow with the Tide

Begin with guided meditation and breathwork as we set sail. Connect with the rhythm of the water and your own inner stillness, allowing the gentle movement of the waves to guide you deeper into presence.



Somatic Release on the Water

Through embodied movement, we'll invite emotional release and physical reconnection. This somatic practice helps you return to your body, releasing what no longer serves you into the vastness of the sea.



Vision on the Horizon

Close with a collective cacao ceremony—a sacred ritual for setting intentions and celebrating connection. Together, we'll honour the journey and integrate the profound shifts that have unfolded.

The Healing Power of Water

"The sea, once it casts its spell, holds one in its net of wonder forever."

There's something uniquely transformative about being on the water. The vast horizon invites expansive thinking, whilst the gentle rocking creates a natural rhythm for meditation and release. Our carefully chosen route through Poole Harbour offers breathtaking natural beauty—from the protected shores of Brownsea Island to the golden stretches of Sandbanks Peninsula.

When conditions allow, we may venture towards Studland Bay, Old Harry Rocks and the magnificent Jurassic Coast, adding an extra layer of wonder to your experience.



What to Expect

Arrival & Boarding


Join us at 12:45pm for boarding. We set sail at 1:00pm, giving you time to settle in and meet fellow travellers before we begin our journey into stillness.

The Journey

For three transformative hours, you'll be guided through meditation, breathwork, somatic movement and ceremony. Each element flows seamlessly into the next, creating a complete arc of healing.

Return

We return to harbour at 4:00pm, though the sense of peace and clarity you've cultivated will stay with you long after you step back onto solid ground.

 **Special Sunset Retreats:** During peak season, we offer extended sunset experiences from 6:00pm-9:00pm, allowing you to witness the golden hour whilst deepening your practice.

Who Is This For?

This retreat is designed for anyone seeking a deeper connection with themselves. You don't need experience in meditation, breathwork or movement—only an open heart and a willingness to be present.

Perfect for:

- Those feeling disconnected or overwhelmed by daily life
- Anyone seeking emotional release in a safe, supportive environment
- People drawn to holistic wellness and mindful practices
- Souls ready to reconnect with their inner wisdom
- Anyone who finds peace and clarity near water

Come as you are. Leave feeling lighter, more grounded and beautifully aligned with your truest self.



Upcoming Retreat Dates

Join us for one of our carefully scheduled retreats throughout the year. Each date offers the same transformative experience, with select sunset sessions during the warmer months.





Winter / Spring Awakenings

- Sunday January 25th
- Sunday March 29th
- Sunday April 26th
- Sunday May 24th





Summer Journeys

- Sunday June 21st
- Sunday July 19th 
- Sunday August 16th 



Autumn Reflections

- Sunday September 13th
- Sunday October 11th
- Sunday November 8th

 **Please note:** Dates and times may be adjusted based on weather conditions and tidal patterns to ensure the safest, most beautiful experience possible. Our special sunset retreats run from 6:00pm-9:00pm and offer the magical experience of witnessing the golden hour on the water. These special sunset experiences are marked with  on the dates schedule.



The Cacao Ceremony

Our closing cacao ceremony is a sacred practice that has been used for centuries in spiritual and healing traditions. Unlike the processed chocolate we're familiar with, ceremonial-grade cacao is a heart-opening plant medicine that facilitates emotional release, clarity and connection.

What Is Ceremonial Cacao?

Cacao in its pure, ceremonial form contains compounds that gently open the heart and enhance feelings of love, gratitude and connection. It's rich in antioxidants and mood-supporting nutrients, creating a warm, grounded feeling of wellbeing.

The Ritual

Together, we'll gather in circle to share intentions, sip our cacao mindfully and honour the journey we've taken together. This collective moment weaves all three elements of the retreat into a unified whole.

Reserve Your Place

Ready to Step Aboard?

Spaces are limited to ensure an intimate, personalised experience for each guest. Early booking is recommended, particularly for our special sunset retreats.

Scan the QR code to view available dates, secure your spot and discover our current special offers. Gift vouchers are also available—the perfect present for someone seeking restoration and peace.

Pricing:

Single ticket: £95

Book 2 tickets: £90 per ticket (£180 total)

Contact email: admin@newforestretreatcentre.co.uk

What's included:

- Three-hour guided retreat cruise
- All meditation and movement sessions
- Ceremonial-grade cacao ceremony
- Light refreshments and water
- A deeply restorative experience you'll carry with you

Scan to Step Into the Tide of Transformation



Your Journey Awaits

Step aboard. Breathe deeply. Release what no longer serves you. Return to yourself—
lighter, grounded and beautifully aligned.

Poole Harbour Holistic Retreats

