

L I V E W E L L

Balance

11-13 March 2026

March's retreat turns our attention to balance of mind, body and spirit,
as winter loosens its hold and the first signs of spring emerge.

Breathwork, Ayurveda and guided cold immersion offer new
perspectives on resilience and self-understanding, with plenty of time
to explore the awakening estate.

This retreat is self-guided so you can find the balance that works for
you, from menu options to how much you take part. You'll also have the
option to join The Newt's complimentary daily walks, yoga sessions and
outdoor pursuits at your leisure.

Meet your hosts

Introduction to Wellbeing

Valentina Marzola

Breathwork specialist & Founder of AIRENA

Valentina Marzola is a breathwork guide, peak-performance coach and the founder of AIRENA, a modern breathwork and performance method. Her breathwork sessions blend psychology, science and soul, helping regulate the nervous system, overcome inner blocks and cultivate confidence.

On day one Valentina will host an accessible introduction to wellbeing and an exploration of how breath influences mood and focus. Her second session takes things from theory to practice with a music-led breathwork class that blends ancient principles and modern performance science.

Kombucha Workshop

Gaz Oakley

Chef, Food Writer & Forager

Gaz Oakley is a classically trained chef who honed his craft in professional kitchens before adopting a plant-based lifestyle and embracing a new start at his homestead in Wales. He's a proponent of all things homegrown, self-sufficiency and the wonders of being at one with nature. Kombucha often serves as an alternative to alcohol in the new year and Gaz's workshop dives into its history, heritage and benefits. Intimate and hands on, you'll learn how probiotics create carbonation and contribute to flavour, then take home what you create.

As an optional extra, join Gaz and Beth Harper for a 3-course supper club in The Garden Café, with delicious plant-based menu and alcohol-free welcome drink.

12 March | £65pp

Contact the booking team to add to your itinerary

Introduction to Ayurveda

Sarah Stocker-Harding

Ayurveda Practitioner at The Newt

Sarah Stocker-Harding is The Newt's in-house Ayurveda expert and is passionate about making health accessible to all. She recently completed a sabbatical from The Newt where she spent three months in India, fully immersing in Ayurvedic traditions and learning.

Sarah's talk 'The Three Pillars of Health' introduces Ayurveda, a 5000-year-old science of wellbeing. Guiding you through each pillar, she'll share practical insights on how to harmonise these vital aspects of life, with tips to incorporate into your daily routine.

Cold Dip & Sauna

Chris Giles

Movement & Wellness Coach at The Newt

A multi-sport, yoga, fitness, strength and breathwork coach, Chris Giles brings a calming, encouraging presence to The Newt's wellbeing programme. Rooted in a love for the outdoors he believes movement, in any form, connects us to joy, each other and improved choices.

Chris opens day two with an invigorating cold dip and sauna session, held at The Newt's Spa. This energising experience will challenge body and mind and offers a chance to fully reset your physiology.