

L I V E W E L L

Move

11-13 February 2026

February's retreat encourages intentional movement, but without the pressures, targets and deadlines we often set ourselves at the start of the year. Menus are beautifully balanced, and beyond the body our experts will explore breathwork, meditation, and how to steer a mindful course through one of the year's most challenging months.

This retreat is self-guided, allowing you to decide your own level of participation, with plenty of time to wander the estate and spa. The Newt's complimentary daily walks, yoga sessions and outdoor pursuits will be running alongside the retreat, for you to join at your leisure.

Meet your hosts

Breathwork, Fitness & Cold Dip

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's breathwork session starts with a gentle walk then heads to the studio for a calm, comfortable experience. Chris will also be sharing his thoughts on the value of movement and inviting you to close the retreat with an invigorating dip in the lake.

Introduction to Running

Amritpal Ghatora

Running Coach and Tracksmith Ambassador

Tracksmith is an American-born brand leading a community-focused running movement. They see running as an innately human endeavour and celebrate the culture, history and 'amateur spirit' of the sport. Representing them at the retreat, Amritpal Ghatora is a lifelong athlete and running coach.

On day two of the retreat, join Amritpal as he leads a group run across the estate. Later, you'll have the chance to get one-on-one advice and critique from his team, alongside insights into how to harness self-belief and motivation.

Yoga

Loren Barclay

Yoga Instructor at The Newt

The Newt's Loren Barclay is celebrated for her intuitive and healing teaching style. From an early age she practised yoga and Pilates, then studied a degree in dance, grounding her practice in a solid understanding of physiology and holistic wellbeing.

Loren will lead two yoga sessions during the retreat from our serene yoga studio. Her Flow practice nurtures strength, flexibility and mental clarity, while her Yin Yoga class connects mind, body and breath through slow, floor-based poses, benefitting flexibility and circulation.

Qi Gong

Arron Collins-Thomas

Personal Trainer & Lifestyle Coach

Arron Collins Thomas is an experienced movement and fitness specialist whose work spans functional training, rehabilitation and breath-led practices, with a strong focus on Qigong's energy-centred, measured movement. Trainer to CEOs and film stars, he also runs two in-demand gyms in Bath.

Taking place in the fresh air, Arron's Qigong practice entails gentle, flowing exercises, mindful breathing, and energy-balancing techniques rooted in traditional Chinese medicine. His approach integrates posture, mobility and relaxation to cultivate internal energy (Qi) and reduce stress.