



**ISLE OF WIGHT WALKING AND YOGA RETREAT  
5 - 8 JUNE 2025  
BOOKING FORM**

**Thank you for your interest in joining our Walking & Yoga Retreat on the beautiful Isle of Wight! This retreat is designed to help you relax, recharge, and reconnect with nature while enjoying daily yoga, guided walks, nourishing food, and time to unwind by the sea. The style of the retreat is very relaxed and is based on the idea of it being an invitation for everyone to do as much or as little of the activities on option as they please.**

**This form outlines more details for the retreat i.e. check in details and times, what to bring, travel etc. To secure your spot, please read through and complete the booking form, including your accommodation choice and any dietary or medical information we should be aware of. Please see payment terms and conditions. Your place will be confirmed once payment of your deposit is received (or total amount if required as per payment dates listed).**

**Please return a signed copy to [coaching@adamcristol.com](mailto:coaching@adamcristol.com)**

**We can't wait to welcome you!**

**MEET THE TEAM**



**Adam - Host | Yoga Teacher | Walking Guide**

Adam is the founder of a unique fitness, lifestyle, and adventure community built on his passion for movement, nature, and connection. With a laid-back and personal approach, Adam blends his wide-ranging experience from yoga and massage to mountain leadership and endurance sports to create unforgettable retreats and outdoor experiences.

An adventurer at heart, Adam has travelled the world, competed in Ironmans, and led groups across mountains, trails, and water. His mission is to help people move better, feel stronger, and live a life that makes them smile.

**07932 854209 | [coaching@adamcristol.com](mailto:coaching@adamcristol.com)**

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## **Jo (The Dragonfly Chef) - Retreat Chef | Co-Host**

Jo's journey into the world of retreat cooking began as a teenager with a passion for feeding friends and family. After a successful 13-year run owning a licensed café in North West London, known for its handcrafted afternoon teas and homely feel, Jo discovered yoga, which deepened her connection to mindful, nourishing food.

Now based in Brighton, Jo draws inspiration from the vibrant local food scene to create wholesome, plant-based meals that celebrate wellness and creativity. Her food is thoughtful, flavour-packed, and always made with love.

### **SAMPLE ITINERARY**

#### **Thursday 5th June**

- 4pm - Checkin with afternoon tea
- 6pm - Arrival circle and gentle yoga
- 7:30pm - Dinner
- 9pm - fire pit

#### **Friday 6th June**

- Sunrise dip in the sea
- 7am - yoga flow
- 8:30am - breakfast
- 9:30 - 10:30 time to relax drink coffee, read books, journal etc
- 11am - depart for guided walk (3-4hrs approx 10km with optional sea dip)
- 4-5pm - afternoon tea
- 5pm - yin / restorative yoga
- 7pm - dinner
- 8:30pm - fire pit

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## **Saturday 7th June**

- Sunrise dip in the sea
- 7am - yoga flow
- 8:30am - breakfast
- 9:30 - 10:30 time to relax drink coffee, read books, journal etc
- 11am depart for guided walk (3-4hrs approx 10km with optional sea dip)
- 4-5pm - afternoon tea
- 5pm - yin / restorative yoga
- 7pm - dinner
- 8:30pm - fire pit

## **Sunday 8th June**

- Sunrise dip in the sea
- 7am - yoga flow
- 8:30am - breakfast
- 9:30 - 12:00 time to prepare for your departure
- 12:00 - checkout

Remember that this is your retreat and everything is an invitation so choose what you do / don't want to do so if you feel like having a lie in and skipping morning yoga then that is exactly what you should do.

## **SAMPLE OVERVIEW OF FOOD PROVIDED**

- Early morning snack
- Breakfast
- Lunch
- Afternoon tea
- Dinner (main, dessert + after dinner drink)

Please note alcohol is not provided but you are more than welcome to bring your own if you enjoy a glass of wine with dinner.

## **TRAVEL ARRANGEMENTS**

Guests will need to make their own travel arrangements to and from the venue, Kings Hill, Hill Lane, Freshwater, Isle of Wight, PO40 9TQ.

The recommended travel route is to catch the ferry from Lymington to Yarmouth (40 minute crossing) as the venue is only a 5 minute drive away from Yarmouth. There are also ferries from Portsmouth to Fishbourne (45 minute crossing) but it is a 45 minute drive to the venue from Fishbourne.

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Please follow the link below to our venues trade account with Wightlink which will get you a discount on your ticket price.

<https://book.wightlink.co.uk/book/?clear&aff=1448373753>

Guests may choose to car share or leave their vehicles at Lymington Ferry Parking and travel by foot on the Ferry. Details for parking at Lymington Ferry Terminal can be found here:

<https://myringgo.co.uk/parkinglocator>

For those guests opting not to bring their vehicle on the ferry, a pick-up from Yarmouth Ferry Terminal can be arranged (please advise).

**PLEASE NOTE:** Wightlink only have a set amount of discounted fares per crossing, so we recommend you book as soon as you can. When you click the link you will see the venue company (Kings Manor Farm) logo on the booking page. If you navigate away from this page and come back later, it may default to the main Wightlink page. So, do check that their logo is visible, or you won't receive the discount. Please be sure to check Wightlink rules of travel for cancellation policies etc.

There are also ferries running from Southampton to East Cowes (60 minute crossing). East Cowes is a 40 min drive from the venue. There is no trade account discount with Redfunnel but there standard link is below:

<https://www.redfunnel.co.uk/en/book/ferry-booking/>

### **Arrival and departure:**

- **Thursday 5th June** - check in is from 4pm (please aim to arrive by 6pm at the latest)
- **Sunday 8th June** - check out is at 12 noon

### **Guest details:**

Full Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact Name & Phone: \_\_\_\_\_

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**Accommodation Choice** (Tick one)

- ☐ **£699** - Twin Share
- ☐ **£899** - Single Person Supplement

**What to Bring** (in addition to your normal packing):

- Flask / water bottle
- Waterproof jacket
- Waterproof trousers
- Warm layers (base layer, fleece, jacket)
- Rucksack (with waterproof cover)
- Walking boots / comfortable shoes
- Sun hat, sunscreen, sunglasses
- Beach towel
- Yoga equipment provided but optional to bring own
- Clothing suitable for gym/yoga
- Swimwear

**Dietary Requirements / Allergies** (please tick)

- ☐ None
- ☐ Vegetarian
- ☐ Vegan
- ☐ Gluten-Free
- ☐ Other (please specify)

**Payment details:**

- **Deposit - £150** is required to secure your place
- **Final Balance Due - 1st May 2025**

If you wish to spread the total amount over a number of payments please contact me directly to discuss.

- **Cancellation Policy**
  - Before 1st May - 50% refund of deposit
  - 1 - 18th May - 25% refund of total amount paid (less deposit)
  - After 18th May - no refunds

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**Payment to be made via payment link or by BACS details below:**

**<https://paymentrequest.natwestpayit.com/reusable-links/64e2a690-095a-43a8-94fc-61edcce85a85>**

**Adam Cristol**

**Natwest**

**Acc: 67708722**

**Sort: 60-15-30**

**Ref: your first initial\_surname\_IOW retreat - ie. J\_Bloggs\_IOW**

### **MEDICAL READINESS AND LIABILITY WAIVER**

I understand that activities provided by Adam Cristol during the Isle of Wight Walking & Yoga Retreat (5–8 June 2025), including yoga and group walks, may involve physical exertion and carry a risk of injury. I choose to participate voluntarily and accept full responsibility for any risks involved.

I confirm that I am physically able to take part in these activities and have not been advised otherwise by a medical professional. I take full responsibility for checking with my healthcare provider if needed.

I agree to inform Adam Cristol of any medical or physical conditions that may affect my participation, including any changes before or during the retreat.

I understand that Adam Cristol is not responsible for any loss, theft, or damage to personal belongings.

By signing below, I confirm that I have read and understood this Health Declaration and agree to participate at my own risk.

**Print Name:** \_\_\_\_\_ **Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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