



Florence House Seaford, Sussex
Weekend Retreat
Fri 24th to Sun 26th October 2025
with Angela Hulm



25 min massage included for the next 5 bookings

www.yasminmassagetherapy.co.uk

Relax, Unwind and Revitalize Yourself



Take a break from the stress and strain of daily life, with a two-day yoga retreat at the beautiful Florence House Seaford, Southdown Road, BN25 4JS.

Florence House is a dedicated retreat centre, we will be there exclusively. There is plenty of space for yoga with open views, cliff walks, good food and comfortable accommodation.

Florence House sits at the top of Seaford head on the edge of the South Downs. The house is surrounded by lush landscapes and sea breezes. www.florencehouse.co.uk

Accommodation - Shared room £400pp, Single room £430pp

Bedrooms enjoy views of the grounds. There is one triple, several twins and the majority are single/double rooms. Shared bathrooms are nearby.

What's included?



2 night's accommodation

3 vegetarian meals a day from Friday dinner to Sunday lunch

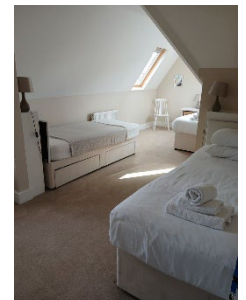
4 Asana classes plus 2 Pranayama classes and 2 Restorative classes

Breakfast includes fruit, cereal, yoghurt, eggs and bread

Lunch is a main course with salads and vegetables

Dinner is a main course with salads and vegetables and a dessert

Tea, coffee, water, fruit and biscuits are unlimited



Dietary requirements

Please let me know when booking if you have special dietary requirements (extra charge £20).

How to get there

Offer or receive a lift. Two hour drive from Bromley via A21/A26, or train to Seaford, taxi from the station.

What to bring

Session equipment is provided, see photo.



Payment

Card payments accepted via the [online booking form](#)

Bank details

If paying by bank payment prefix your full name with FH as your reference

Angela R Hulm

Co-op Bank

account number 84163316

sort code 08-93-00

Any queries? Contact Angela
angelahulm@gmail.com 07771 56 50 46

Register Now

