







Springtime Planner

Seasonal events with Geny Caloisi

| | Event | Details |
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| March Saturday  | Hiking Yoga by the Sea <i>Group yoga hikes are the perfect blend of tree poses and tree hugging, where yoga enthusiasts can stretch their limbs while bonding with like-minded nature lovers.</i> | Where: Westgate-on-sea, Thanet, Kent Time: 14:00 pm – 16:00 pm Price: £40  |
| April Saturday  | Hiking Yoga by the Sea <i>Exposure to nature and physical activity trigger the release of endorphins, promoting a positive mood and reducing symptoms of anxiety or depression.</i> | Where: Westgate-on-sea, Thanet, Kent Time: 14:00 pm – 16:00 pm Price: £40  |
| May Saturday  | Hiking Yoga by the Sea <i>Yoga in the great outdoors is like a soulful reunion between mind and body, creating a zen zone of mindfulness and self-discovery.</i> | Where: Westgate-on-sea, Thanet, Kent Time: 14:00 pm – 16:00 pm Price: £40  |
| June Thursday – Sunday  | Summer Solstice Yoga Retreat <i>Enjoy Yoga by the sea, meditate, make new friends and have fun!</i> | Where: CloudZen, Margate Included: <ul style="list-style-type: none"> • 3 days accommodation, • all classes, • all brunches, • two dinners. Price: £499  |

What to expect

In all of these events, you will be led by Geny, a Yoga and meditation Teacher and Ayurveda Therapist.

Westgate-on-sea and Margate are neighbouring towns in Thanet, Kent - just an hour and a half from London easily accessible by train or car. Their beautiful sandy beaches and quaint British towns are ideal for a break from your day-to-day.

Just bring yourself - and your friends, comfy clothes and shoes. Be ready to make memories for years to come. You'll get all the instructions by email.

Dive into a peaceful mix of daily meditation, energizing yoga, tasty vegetarian dishes, and fascinating Ayurvedic practices, set against a stunning sandy beach backdrop!