



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



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

Bedrooms retain the original proportions and enjoy views of the grounds. There is one triple, several twins and the majority are single/double rooms. Most bedrooms share nearby bathrooms. Two twin rooms are ensuite.

Shared room £400pp Ensuite extra £50

Single room £430pp

[Register Now](#)



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 Restoration 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).

What to bring

Session equipment is provided, as per the course room photo above.



Payment

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

Bank details

If you prefer to pay by bank payment, £100 deposit now secures your place
Balance is payable by 1st April 2025

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](#)