FOR RETREAT LEADERS






Retreats at Zanzibar House

St Leonards-on-Sea, East Sussex. Eight ensuite bedrooms, a studio and the beach on your doorstep.

zanzibarhouse.co.uk

An O'Rourke Escapes house

THE HOUSE

Room for your group to gather and space to be alone

Zanzibar House sits on the seafront at St Leonards-on-Sea, across six floors. The whole house is yours for the stay, with sea views, shared spaces and quiet corners, so your group can settle into the rhythm of the retreat from the moment you arrive.



10–12
retreat guests

8
bedrooms, all ensuite

80
minutes from London

Your own studio

A peaceful, dedicated space for your sessions.

Steps from the beach

Enjoy a sunset walk or a sea swim between sessions.

Dine together

A big kitchen and a table for fourteen, so meals become part of the retreat.

A hot tub out the back

Tucked away in the garden — a quiet end to the day.

THE STUDIO

Everything under one roof

The studio runs the full width of the house on the lower ground floor. 12 mats, straps, blocks and bolsters are provided. Everything can stay set up all weekend, and each session is just a short walk down the stairs.



BY DAY

Yoga & movement studio

A sprung floor with room for 10–12 mats — for yoga, breathwork, dance, meditation or workshops.

BY NIGHT

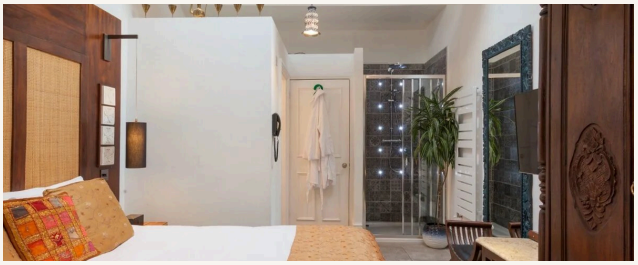
Cinema or dance floor

Beanbags out for a film together, or clear the floor for an evening of music and dancing.

THE BEDROOMS

Eight bedrooms, all ensuite

A quiet room to return to at the end of each day.



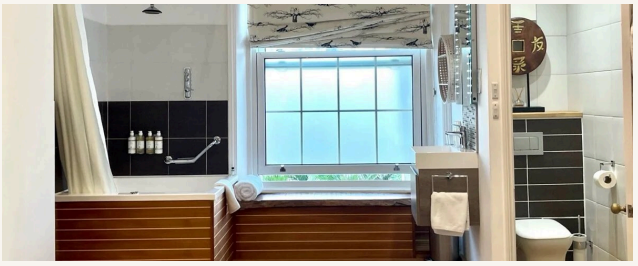
Bali Double bed



Morocco Double bed on a mezzanine



South America Double bed



Japan Double bed



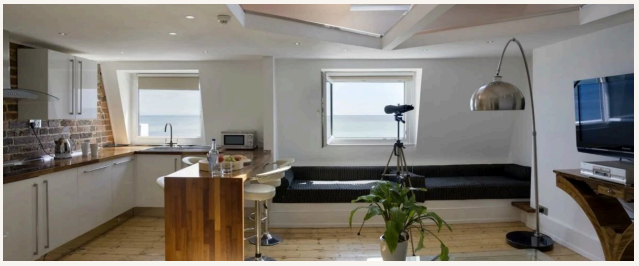
Antarctica Twin or double bed



India Twin or double bed



Africa Twin or double bed



Manhattan
Penthouse Suite
Double bed and 2 sofa beds

A WEEKEND ON RETREAT

The weekend flow

Every retreat is shaped by you. Here is how a sample itinerary at Zanzibar House might flow.



Friday

- Arrive and find your room
- Opening circle in the studio
- Gentle evening yoga
- Supper together at the long table
- Hot tub, then bed

Saturday

- An early walk along the promenade
- Morning yoga in the studio
- A slow breakfast
- Free afternoon: a swim, the Old Town or a rest
- Restorative yoga before dinner
- Private chef, followed by cinema night

Sunday

- Sunrise by the water
- A final yoga session
- Brunch
- Closing circle and farewells

(Late checkout subject to availability)

BY THE SEA

St Leonards-on-Sea, on the East Sussex coast

A creative, unhurried corner of the coast — independent cafés, galleries and a long seafront promenade, with the cobbled streets of Hastings Old Town an easy walk along the water.





The beach & promenade	On your doorstep
Hastings Pier	A short walk
Hastings Old Town	About 20 minutes on foot
From London by train	About 80 minutes

PRACTICALITIES

Planning your retreat with us

Included in your stay

- Exclusive use of the whole house
- The studio, day and night
- Eight ensuite bedrooms
- Kitchen and dining for 14
- Hot tub
- Bluetooth speakers

Good to know

- Retreats suit 10 guests (maximum 12)
- Lead booker aged 30 or over
- Chef and caterer recommendations shared once you've booked

RATES & AVAILABILITY

Visit zanzibarhouse.co.uk and click the 'Book Now' button.

We'd love to hear about your retreat

Tell us your dates, group size and what you have in mind, and we'll come back to you personally.

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