

Pathways Retreats & Getaways at Champernhayes



Discover your Pathway to Renewal

Retreats and getaways crafted to inspire, transform, and connect.

Whether you're seeking a fresh start, a quiet space to create, or an immersive weekend of learning and self-discovery, Pathways Retreats & Getaways offers a sanctuary for all. We believe every life journey deserves a meaningful pause.

Our retreats, hosted in serene, countryside settings, blend comfort, community, and curated experiences to help you embrace life's transitions and pursue your passions.

Set in the breathtaking Dorset countryside near the Jurassic coast, Pathways Retreats offers the perfect blend of a peaceful getaway and a chance to explore something new - whether that's a fresh perspective on life, a creative passion, or a skill that enriches your well-being.

You can be assured of a supportive community during your stay with us, with only ten guests at each retreat. With stunning coastal and countryside walks nearby, chef-prepared meals of locally sourced produce and inspiring workshops led by expert facilitators, Pathways retreats is more than just a holiday - It's a chance to relax, reflect and return home feeling renewed and inspired.

Our retreats are fully inclusive of all meals and drinks. Seasonal vegetarian meals will be served in the Farmhouse, prepared and served by local chefs Jeremy and Aimee Bird, using the best of local produce, all carefully sourced from Dorset and Devon.

We look forward to welcoming you to Pathways Retreats at Champernhayes.



Our retreats

Retreats and getaways crafted to inspire, transform, and connect.

October 3rd - 6th Menopause Retreat with Tamara Jones

October 17th - 20th Gut Health Retreat with Naomi Devlin

Coming Soon to Pathways

Reset, Recharge and Redefine your Life...

Nourish Retreat with Helen Kelynack

Nature Retreat with Kayleigh Sinclair

Gut Health and Metabolism

Reset your body and energy levels with expert-led guidance on gut health, nutrition, and metabolism. Learn how to nourish yourself for long-term vitality with practical, science-backed strategies.

Designing life after retirement

Retirement is not the end—it's a new beginning. This retreat helps you redefine your identity, purpose, and daily life in this next phase, ensuring it's fulfilling and meaningful.

Artist's retreats

Immerse yourself in creativity. Whether you're an experienced artist or just starting out, these retreats offer time, space, and expert tutoring to explore your passion in a beautiful, inspiring setting

Post-divorce Retreats

Redesign your life and identity after separation. Gain clarity, rebuild confidence, and create a bold new future with expert coaching, supportive workshops, and a like-minded community.

Men's retreats

Step away from the daily grind and into an experience designed for men. Learn new skills, challenge yourself with hands-on activities, and reconnect with your purpose in a relaxed and supportive environment.

Champernhayes, Wootton Fitzpatrick,

Dorset DT6 6DF

Champernhayes.com/pathways-retreats

Menopause Retreat with Tamara Jones

Friday 3rd – Monday 6th October 2025

Join Tamara Jones for a carefully curated weekend retreat designed to support you through perimenopause and menopause with practical, evidence based nutritional guidance. Tamara will be leading workshops throughout the weekend, helping you understand how to nourish your body, balance hormones, and manage symptoms naturally.

Through interactive sessions, we'll explore the impact of food, lifestyle, and mindset on hormonal health. Expect delicious, nutrient rich meals, plenty of time for rest and reflection, and a warm, supportive environment where you can reconnect with yourself and gain the tools to feel your best.

Get ready to embark on a transformative food and wellness journey that will unveil the healthiest, happiest version of yourself. Imagine effortless weight loss, radiant skin, mental clarity, a robust immune system, boundless energy, and a rewarding relationship with food and your body.

At our menopause retreat, Tamara will show you how nutritional therapy can be a game-changer, helping you to understand how diet and nutrition is an integral part of your menopause journey.



Meet your host

Tamara is a Nutritional Therapist based in Dorset.

Tamara trained as a Nutritional Therapist at the University of Westminster, where she gained a BSc Honours in Health Science (Nutritional Therapy).

She is also registered with the Complementary and Natural Healthcare Council (CNHC).

Tamara's approach supports a wide range of health concerns, including menopause, helping you overcome obstacles and achieve optimal wellness.

Website: lovinghealthy.co.uk

Instagram: [@lovinghealthy](https://www.instagram.com/lovinghealthy)

Menopause Retreat - Course Overview

Friday - Check in from 3pm. We appreciate that guests may not be able to check in till later in the day or evening. We will ensure there is a bite to eat at your accommodation for you when you arrive.

Saturday

Breakfast will be delivered to your room at 8am featuring local fruits, yoghurt and cereals as well freshly baked muffins and pastries for you to enjoy in the comfort of your own accommodation.

Tamara will start the day with a workshop on Menopause & Hormonal Health covering three key aspects that are essential for your menopause journey.

Understanding Your Body – Understand what’s really happening inside your body during perimenopause and menopause, why symptoms occur, and how to support yourself naturally.

Nutrition for Menopause – Discover the foods that help balance hormones, ease symptoms, and boost overall wellbeing.

The Gut Hormone Connection – Learn how gut health influences menopause and simple ways to improve digestion for better hormonal balance.

Our afternoon will begin with a cooking demonstration and practical tips. Learn how to create simple, nourishing meals that support hormone balance while bringing joy back to everyday eating.

Sunday

Our focus for today is Thrive & Restore.

Throughout today’s workshops you will learn how to manage stress, mood & energy. Explore how stress affects hormones, natural ways to improve sleep, and practical steps to support mood and focus.

Lunch and dinner on both days will be freshly prepared and served by local chefs Jeremy and Aimee.

Monday

8am - Breakfast delivered to your accommodation

10am – Check out



Gut Health Retreat with Naomi Devlin

October 2025

Join gut health expert, [Naomi Devlin](#) for a weekend of discovery about the profound influence your gut microbiome has on energy, hormones and immunity.

With a measurable effect on emotional wellbeing, giving your gut some TLC can bring both peace of mind and willpower to overcome cravings.

The food focus will be on how to add yummy gut-health boosters to your diet, rather than what you must give up. We will look at how to include movement, breathwork and mindfulness in a busy life.

This is no quick fix bootcamp, because small interventions ensure sustainable results long term. On this retreat, you will learn that you don't have to reinvent the wheel. With guidance, you can make changes that stick, because they are just right for you.



Meet your host

Naomi Devlin has taught cookery and nutrition for over fifteen years at cookery schools such as River Cottage and Riverford Farm.

Her teaching is science backed, but delivered so playfully you might forget you are learning. Food, movement and self-awareness are her medicines of choice.

Website: naomidevlin.co.uk

Instagram: [@Naomiannedevlin](https://www.instagram.com/Naomiannedevlin)

Gut Health Retreat - Course Overview

Friday - Check in from 3pm. We appreciate that guests may not be able to check in till later in the day or evening. We will ensure there is a bite to eat at your accommodation for you when you arrive.

Saturday

Guests are welcomed with a probiotic glass of beet kvass as Naomi gives an introduction to probiotics and what they do for us. You will then make a fermented pickle to take home and mature before enjoying a short wander with a sup of tea.

Mid morning, Naomi will explain how stress impacts the gut, looking at mindful eating and what interferes with mindful mealtimes or causes stress around eating. We will be introducing breathwork and awareness to practice before meals as well as Qigong pressure points to relieve stress.

After lunch, Naomi explains the connection between the gut and brain and how to affect change in our gut, so we can positively affect our moods, followed by some myth busting around probiotics, supplements and gut health fads.

After a tea break and time to relax, everyone will make a diversity sprinkle a la Zoe 30+ to take home, before discussing ultra processed food & how to identify it.

Naomi will demonstrate a plant-based dressing and a diversity porridge with sweet dukkah as well as looking at how we can get 30+ plants into our diet.

While rounding up the day, everyone can choose one thing they will add into their diet, one change they will make to their routine or mealtimes or one processed food they will swap for an unprocessed version.

Enjoy free time before a vegetarian supper cooked by Aimee and Jeremy of Barbet Catering.



Gut Health Retreat - Course Overview

Sunday

After breakfast you will find out what prebiotics are and why they matter more than probiotics. Naomi will explain ways to prepare some familiar foods so they are more prebiotic, as well as making a dish together as a group .

Mid morning you will make anti-inflammatory drinks such as ginger, turmeric and liquorice tea or cardamom coffee, and go for a wander around the grounds.

Learn simple swaps to your existing diet to make it more gut friendly, and how to stock the larder with unprocessed staples. Enjoy a demo by Naomi, followed by breathwork and lunch.

Why am I bloated? After lunch, learn how food and stress can affect bloating and how prebiotics and FODMAPs can help you avoid it.

Why treats are important and identifying treats that aren't food or alcohol based. We will then make a polyphenol & medicinal mushroom truffle mixture & chill for a while over your next tea break.

Before dinner we will do some myth busting...

Low carb diets – how to do them in a gut friendly way

High carb diets – why your gut likes slow carbs

Sugar free is best – myth or fact?

All fats are good – except the ones that aren't

Finish truffles and pack to take home



Monday

8am - Breakfast delivered to your accommodation

10am – Check out



Nourish Retreat with Helen Kelynack

Autumn 2025

Through a carefully curated blend of practices, Helen will guide you toward balance and ease. Imagine the soft glow of candlelight as you settle in for **breathwork** your breath slowing, your body unwinding, as you shift into a state of deep relaxation. With the soothing scent of essential oils in the air, you'll be led through **Yoga Nidra**, Helen's calming voice gently guiding you toward profound rest, supporting deep, restorative sleep.

A **core values workshop** will bring clarity and insight, helping you realign with what truly matters. A **habit building session** will offer gentle, practical steps to create lasting well-being. The retreat will also focus on **nervous system regulation**, giving you tools to bring steadiness and calm into your daily life.

Time in nature will allow space to breathe, reflect, and reconnect, whether through **guided walks**, quiet contemplation, or conversations with like minded women.

This retreat is an invitation to pause, reset, and nourish yourself on every level. With Helen's compassionate guidance and expertise in stress and anxiety relief, you will leave feeling lighter, clearer, and deeply restored, ready to step back into your life with a renewed sense of peace and purpose.



Meet your host

Helen Kelynack is a dedicated stress and anxiety specialist, supporting women in reducing anxiety and preventing burnout.

With a compassionate and solution focused approach, she blends hypnotherapy, breathwork, yoga Nidra, and solution focused therapy to create powerful yet gentle transformations.

Website: helenkelynack.co.uk

Instagram: @helenkelynack

Nourish Retreat - Course Overview

Friday - Check in from 3pm. We appreciate that guests may not be able to check in till later in the day or evening. We will ensure there is a bite to eat at your accommodation for you when you arrive.

Once you are settled into your room, the relaxation can begin, as Helen hosts a 30-minute Yoga Nidra, preparing you for a good nights sleep.

Saturday

Breakfast will be delivered to your room at 8am featuring local fruits, yoghurt and cereals as well freshly baked muffins and pastries for you to enjoy in the comfort of your own accommodation.

We start the first session with a short breathing technique and a positive morning meditation.

Workshop – Who do we want to be? What does this best version of ourselves look like? This workshop will focus on core values and incorporate a visualisation exercise to understand how visualising helps us step into that version of ourselves and how to live in alignment with our core values.

Lunch

Saturday afternoon – Enjoy an afternoon of craft.

After some free time, we will serve dinner at The Farmhouse. Jeremy and Aimee will prepare a 3 course meal featuring the best of local produce, all carefully sourced from Dorset producers.

Join us for some breathwork and Yoga Nidra by candlelight aid a peaceful night's sleep.

Sunday

After breakfast, Helen will start the morning with a short breathing technique and mini meditation.

Workshop – Habits and Self-compassion. Learn how to change habits that don't serve us well, focus on habits that bring joy and support the best version of you.

Lunch

Workshop – Helen's afternoon session will be vision board, with visuals for you to take home and continue your realignment.

Dinner

Spend your final evening at Champernhayes around an open fire as we enjoy a letting go ceremony with a Yoga Nidra before retiring to your room.

Monday

8am - Breakfast delivered to your accommodation

10am – Check out



Nature Retreat with Kayleigh Sinclair

Autumn 2025

Kayleigh will create a space where you can learn, grow, and cultivate a deeper understanding of the plant kingdom and how to utilise them in everyday life.

During this retreat you will enjoy a guided foraging walk, a hands-on herbal tea blending workshop, a botanical ink painting session or a nature craft workshop and a handcrafted natural skincare workshop.

The fully immersive retreat invites you to embrace the abundance of the season, merging the fresh essence of nature's bounty with your creativity.

Through engaging and creative workshops, we aim to cultivate a lasting bond between individuals and the natural world. Our goal is to ignite a passion for nature while fostering creativity through hands-on activities.

If you're excited to explore the art of herbal tea blending, learn the techniques of creating your own personalised skincare from foraged ingredients, or craft unique kitchen apothecary items using natural ingredients, this course is for you.



Meet your host

Kayleigh, known as The Historical Herbologist, has a deep interest in the intricate relationships between humans and nature, particularly through the lens of ethnobotany.

She enjoys uncovering how different cultures have utilised plants throughout history and the traditions, skills the stories that have evolved with them.

Kayleigh runs seasonal and nature-based events that emphasise slow living, encouraging participants to reconnect with the natural world through hands-on experiences to promote physical and mental wellbeing.

Website: thehistoricalherbologist.co.uk

Instagram: [@thehistoricalherbologist](https://www.instagram.com/thehistoricalherbologist)

Nature Retreat - Course Overview

Friday - Check in from 3pm. We appreciate that guests may not be able to check in till later in the day or evening. We will ensure there is a bite to eat at your accommodation for you when you arrive.

Please note that as some of these activities are weather dependent they may vary slightly from the published program.

Saturday

Breakfast will be delivered to your room at 8am featuring local fruits, yoghurt and cereals as well freshly baked muffins and pastries for you to enjoy in the comfort of your own accommodation.

Start your morning with a forage in the surrounding woodland and head back to the Farmhouse to create your own skincare with your botanicals.

After lunch, embark in a sensory journey with a two hour tea blending workshop and create your own signature blend.

Enjoy free time before dinner in the Farmhouse.

Sunday

After breakfast, you will have the opportunity to explore the techniques of grinding petals, root and leaves to create stunning natural inks and spend the morning letting your creativity shine in a relaxed painting session. Our alternative course this afternoon is to master the art of Kokedama - learning the beautiful art of creating your own Japanese moss ball planter.

Lunch in the Farmhouse

In the afternoon you will immerse yourself in to a kitchen apothecary experience, making salts, vinegars and oils infused with the local seasonal botanicals that you have gathered on your forage. Learn how to make a refreshing mocktail to enjoy before dinner.

Dinner in the Farmhouse followed by free time.

Lunch and dinner on both days will be freshly prepared and served by local chefs Jeremy and Aimee.

Monday

8am - Breakfast delivered to your accommodation

10am - Check out





Your next chapter starts here...

*Contact us today
to enquire about Pathways Retreats*

Take the first step towards renewal, resilience, and rediscovery.
Join us at Pathways Retreats & Getaways and explore the transformative power
of a retreat designed with you in mind.
Book your place today. Spaces limited to 10 per course.

*Pathways Retreats at Champernhayes
Wootton Fitzpatrick
Dorset DT6 6DF*

*[Champernhayes.com/pathways-retreats](https://champernhayes.com/pathways-retreats)
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At Pathways, we believe true transformation happens over time, with the right support and community.
Beyond the retreat experience, we offer ongoing coaching, a nurturing community, and valuable resources to support your journey long after your stay. Ask us about our ongoing coaching when you book your place with us.