

Health and fitness
holidays

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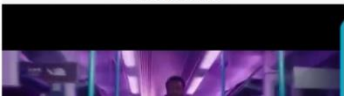
Happy new you! 10 of the best UK wellbeing retreats for 2025



 A gong bath at Wonderful Escapes retreat, Abergavenny

Get the year off to a positive start by booking a restorative break. We pick the best wellness retreats, with yoga, swimming, walking and more in pretty settings from the Highlands to Essex

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Manor house for retreat newbies, Bedfordshire



📷 Photograph: PR

Tofte Manor in the village of Sharnbrook is a 17th-century manor house turned retreat centre set in beautiful gardens with a pool, tennis courts and elegant antique-filled rooms. This year, Stella Photi, founder of [Wellbeing Escapes](https://www.wellbeingescapes.com), is hosting her first Self-Care Retreat here. Ideal for first-time retreaters looking to discover which wellness practices work best for them, the programme will include restorative yoga, Qi Gong, stress management classes, seasonal eating workshops and sound baths.

● 14-16 March, £595, including all meals and activities, [wellbeingescapes.com](https://www.wellbeingescapes.com)