



Hiking, Yoga and Forest Bathing

Enjoy a yoga class on the beach or explore Brighton's countryside with its endless woodlands, open fields and breath taking views, all wrapped up into a day of hiking and yoga in nature.



Outdoor Yoga

Bring nature into your practice with outdoor yoga at Brighton's seafront. All classes are beginner-friendly. You can choose a normal yoga flow or a dynamic vinyasa flow. Explore the timetable or book a private class.

Price: £10 per person (discounts available)
£ 2 per Mat

Explore our Nature Wellness Days

Discover Brighton's countryside with our hiking and yoga day trips or experience Shinrin Yoku - also known as forest bathing, a practice that reduces stress, improves memory and offers a calm and peaceful clarity.

Group size: 5 -15 people
Duration: 4 - 5 hours
Price: Starting at £ 35 p.p





Group Days Out

Our outdoor wellness days are perfect for team building events or celebrating a special occasion with friends. All locations are easy to reach from the city centre. We can adjust the length and level of the walks and organise transport back to town.

Please contact us to get a quote

info@brightonyoga.co.uk

07464713216

www.brightonyoga.co.uk

 @ brighton.yoga

 @ brightonyoga.co.uk

 @ brightonyogaUK



Available Add Ons

Nature Exploration Days

Our outdoor events can easily be turned into outdoor exploration days for up to 30 people with some simple add ons. We can split the group into 2 or 3 teams, doing different activities in circulation.

Group Size: Up to 30
Duration: 4-5 hours
Price: Starting at £50 p.p (full occupancy)



The Earth Ship

The Earth Ship is an off-grid building in Stanmer Park that heats, cools and powers itself from the sun and harvests its water from the sky. It has a lovely outside area and beautiful hiking tracks directly behind the building. The main room is perfect for yoga.

Foraging Wild Foods & Medicinal Herbs

Explore the different edible and medicinal herbs and fruits growing in the lawns and woodlands. This is an expert-guided introduction to foraging. There will be an option to try some wild tea as well.

