

ESTD



1897

THE HEADLAND



HOTEL, COTTAGES & SPA

Yoga classes at The Headland

Elevate your wellness journey with yoga classes at The Headland, set against the serene backdrop of our stunning coastal location. Join us for sessions that rejuvenate both body and mind.

Fridays at 9am—Animal Flow Yoga

Tuesdays at 7pm—Yin Yoga

Visit the spa team to book.