

YOUR BODY IS YOUR HOME

A Women's Retreat

Family, Nature and Horse Constellations
With Poppy Altmann supported by Naphia Reggiani



When?

5pm- 5pm
18th-20th September
2026

Where?

Treatly Farm, Mitchel
Troy, Monmouthshire
NP25 4BL

How much?

- £450 excluding single/shared accommodation (deposit only in advance)
- Limited early bird tickets £400 until 10th July or until they sell out, whichever happens first
- Accommodation options from £35-£70 pp per night

Equinox Fire
Ceremony

Delicious
home-cooked
food

Natural
swimming pool

Saunas

Time to rest in
Nature and Be
in your Body



***Be in your Body and Lose your
Head***

W: www.poppyaltmann.com/next-retreat

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- Camping from
£15pp per night