

Permission to Pause

Friday, 9th – Sunday, 11th January 2026

Hello friends,

We are SO excited to be able to offer you another incredible retreat at The Mill House in the Isle of Man and, this time, we're hosting as a duo where we will be welcoming in the New Year with intention to help you to grow, flow, and glow in 2026 ✨

Permission to Pause: A New Year Retreat, with Jules Hobbs & Bella Maldener

📍 *The Mill House, Santon, Isle of Man*

📅 *Friday 9th – Sunday 11th January 2026*

💷 *£495 based on two people sharing*

[Sign up and secure your place here!](#)

Overview

Step into a brand-new year with clarity, courage, and calm. Winter can be a harsh time of year with pressure to set goals and fly into January at full steam despite the season being one of natural hibernation and introspection. This retreat is designed to help you to take a moment to pause and reflect - to close the chapter of 2025 with gratitude and reflection, whilst creating space to welcome in 2026 with fresh intentions and energy.

Held at the stunning Mill House in Santon, Isle of Man, this restorative weekend combines soulful yoga, mindful reflection, energy work, creative workshops, nourishing food, and time in nature. Together, we'll pause to honour the year that's passed, let go of what no longer serves us, and plant the seeds for the year ahead, choosing where we want to spend our energy to grow!



Friends Bella and Jules met whilst working at theLodge.space in London in 2018

Your Hosts

Bella Maldener



An international yoga, aerial yoga teacher, and Reiki Master, Bella brings a decade of experience in movement, energy, and mindfulness. She leads transformative retreats in South Africa and across Europe, and mentors fellow teachers in building heart-led, sustainable wellness businesses.

Through her grounding Yin sessions, flowing Vinyasa, soulful aerial practice, and intuitive energy work, Bella invites you to reconnect with your body, elevate your awareness, and find balance – on and off the mat.

Jules Hobbs



Founder of Mental Wealth, podcast host, mindfulness teacher and mindset coach, Jules specialises in reflective practices to help guide people to a deeper self-awareness and acceptance. At this retreat, Jules will be your cheerleader and guide through the use of journaling and mindfulness to let go of 2025, transform brokenness into beauty, and set heartfelt intentions aligned to your values for 2026.

What to Expect

- **Letting go of 2025** through journaling, meditation, and reflection.
- **Welcoming 2026** with yoga, visioning, and embodied practices.
- Soulful yoga sessions with Bella (yin, slow flow, vinyasa).
- Kintsugi Workshop – the Japanese art of repairing pottery with gold, a metaphor for embracing imperfection and seeing beauty in the broken (approximately 2-3 hours).
- Vision Board Workshop – an uplifting creative session to set your intentions for 2026.
- Guided mindfulness meditations (approximately 2-3 hours).
- Optional morning adventures to the beach, a coastal walk, and wild water dips.
- Nourishing, home-cooked meals and snacks, lots of snacks.
- Private Reiki and massages available throughout the weekend for an additional fee.
- The comfort and magic of The Mill House – fireside gatherings, woodland, and river plunge pool.

All activities are **optional**, Yes—you choose how much or little to take part in to shape your own perfect retreat! Prices are £495 based on two people sharing a room, all rooms have their own bathroom. There are two rooms which can host three guests at £450 each. For those who would like their own space, there are two single person supplement rooms available at an additional cost of £125.

The Flow of the Weekend – giving you permission to pause to grow and glow into 2026 ✨

Friday – Say Goodbye to 2025

- Official arrivals 2–4pm with grazing platter, getting settled, and informal meet and greet.
- Welcome circle by the fire – intentions, reflections, and letting go.
- Slow flow yoga infused with reiki, journaling practice and meditation to close 2025.
- Yin yoga.
- Hearty dinner of stew or soup followed by hot chocolate.

Saturday – Reflect & Recharge

- Early morning coastal walk, sea dip, and mindful moment at Port Erin.
- Yoga / mindful movement.
- Wholesome brunch.
- Free time for rest, massages, or quiet reflection.
- Afternoon Kintsugi Workshop with mindfulness and journaling.
- Vegan chilli dinner.
- Reiki-infused yin yoga and meditation.

Sunday – Welcoming 2026

- Morning breathwork and movement (hopefully outside) and optional cold-water plunge.
- Energising yoga practice.
- Brunch.
- Vision Board Workshop – reflecting and setting value-aligned intentions for 2026.
- Closing vinyasa flow to “shake off” the old and welcome the new.
- Traditional English Afternoon Tea with a closing circle focusing on gratitude and intentions for 2026.
- Retreat closes at 4pm (with the option to stay for additional nights to take a longer moment to pause and explore the beautiful Isle of Man!)



Early Bird Special!

Our retreat officially begins from 2pm on Friday, 9th January. However, as part of our early bird deal you can receive an extra night's stay on Thursday, 8th January for FREE!

Check in is available from 6pm onwards on Thursday and you'll be assigned your room/ bed for the weekend early. Simply ensure that you've paid your deposit by Friday, 15th November and the balance by Friday, 5th December to receive extra relaxation and exploration time in the stunning setting of the Isle of Man.

Explorer Special!

Would you like to stay an extra night or two after the retreat? The lovely owners of the Mill House have offered for you to stay for longer at just £80 per night to stay in the same room/bed! Giving you time to explore the beautiful Isle of Man countryside and process your beautiful retreat weekend with a little more permission to pause. Please contact Jules at juleshobbshealth@gmail.com to book and purchase your extra nights by 19th December 2025.

The Mill House, Santon



This beautiful 500-year-old converted mill is set in the heart of the Manx countryside with relaxing gardens and a small river flowing nearby. We will have exclusive access for the whole weekend on a self-catering basis.

There's a large kitchen for family style dining, a drawing room for our stretching/ yoga/ movement, a conservatory for seated activities, and cosy bedrooms.

Twin and double bedrooms are available, and all have access to private / jack and jill bathrooms.

The Mill House is located south of the Island with access to the Southern towns and villages, and the capital of Douglas by bus (there is a steep walk up a hill to the bus stop). It is conveniently located close to the airport, just ten minutes in a taxi. [Find out more here.](#)

The Isle of Man

From the official visitor's website:

Nestled in the heart of the Irish Sea, the Isle of Man is just a short flight or ferry ride away - reachable from the UK and Ireland in as little as 30 minutes. Yet here, the everyday feels far away. As the world's only whole nation UNESCO Biosphere, the Island invites you to explore dramatic coastlines, inspiring walking trails and landscapes alive with wildlife. With over 10,000 years of history, rich folklore and a vibrant culture woven into daily life, every visit reveals something remarkable. The Isle of Man is not just a place to escape...it's an Extraordinary Isle, where the ordinary becomes extraordinary.

Travel Recommendations

Due to the time of year, it is recommended to fly instead of sail (there are ferries available from Liverpool or Heysham in the Northwest of England). We also strongly recommend that you take up the early bird offer and arrive a day early, just in case of any travel delays you may experience.

Easyjet, Loganair (BA) all serve the island from across the UK including Dublin, London Gatwick, London Heathrow, London City, Liverpool, Manchester, and more. Find out where you can fly from [here](#).

It is recommended to avoid the last flight of the evening with Easyjet as this is notorious for being cancelled/ delayed until the next day. Please also ensure you have purchased travel insurance.

Food, Glorious Food

The kitchen facilities at the Mill House are fantastic and you will find a guest fridge full of breakfast items, and snacks in case you get a little peckish.

You'll notice we've provided you with a high-level menu in our weekend summary because, well, food is life! Pausing to enjoy good food mindfully is a huge part of this beautiful retreat.

Please be sure to let us know of any food allergies, intolerances, and requirements on your sign-up form. We strongly encourage you to be honest on the form. It is also absolutely fine if you graze on chocolate! We love it too and your honesty will help us to buy in snacks that you'll enjoy and consume. Some of the meals will also be ordered in and the various caterers will be provided with your food requirements ahead of time.

We will also ensure we have a range of non-alcoholic beverages for you to enjoy too. This is not an alcohol-free weekend and you are welcome to bring along your favourite tipple however, please note that the yin and reiki session may not be as effective if alcohol has been consumed.

The Fine Print

All spaces are based on a first come, first served basis and your place will be held by receipt of a non-refundable deposit of £100. There are a few payment methods available, and you can choose to pay in USD or GBP.

Final payments are due by 19th December 2025.

[Your sign-up form](#) must be completed in full by 21st December 2025 to allow us time to process your information and plan to provide you with the best possible experience.

For anyone who has embraced the early bird or explorer offers, you will be allocated the same bed/ room for the duration of your stay. Payments for additional nights will be collected by Jules and passed onto the Mill House.

The Mill House is a beautiful B&B which we have hired as self-catering with exclusive access for the whole weekend. There will be no room service during this time, but extra towels can be obtained from your hosts. There is also a large utility room where we can wash clothes if needs be for those who intend to dip in the sea/ river.

For anyone who is not staying for longer, check out from all bedrooms is at 10am on Sunday to allow the Mill House team to prepare these for any guests arriving that evening to use their B&B. However, a room will be made available for you to freshen up before flights if needed.

You are responsible for your own travel to/ from the Mill House. We will create a whatsapp group for you to communicate with your fellow retreat guests prior to the weekend so that you can get to know one another and plan group travel.

Most meals will be served family style and in line with your preferences. Light desserts will be served in the evening. You are welcome to choose to go out for food if you wish but you would need to arrange your own transport (most likely a taxi). Please let Jules know if you do intend to make alternative arrangements and she can provide you with local taxi information.

Please do tidy up after yourselves at breakfast. We have a couple of people coming in to help at the main mealtimes, but if anyone fancies a bit of mindful washing-up or stacking of the dishwasher, we will not say no to the support.

It is important that you provide all relevant health details on your form including conditions and food allergies and intolerances so that we can keep you safe and well during the trip.

All activities are optional and based on your comfort level, preferences and fitness/ health.

There will be additional charges for our massage therapists (paid directly to them at your appointment in cash or card).

Please ensure that you have arranged your own travel insurance. We are in the process of arranging event insurance and the Mill House also has comprehensive cover as an accommodation provider.

To ensure that everyone has the best possible time please respect one another (and yourselves), removing judgements and listening to your bodies. Please speak kindly to one another, especially yourselves, taking time to reflect and have the space you really need. If you're an early riser, then go for it. There are plenty of rooms for you to spend time in. If you want extra time to sleep in, then do it. Your self-care is important!