2026 Dates

3-DAY	**5-DAY**
January – no Escape scheduled	*January – no Escape scheduled*
February – no Escape scheduled	*February – no Escape scheduled*
Fri 20 Mar – Sun 22 Mar	Fri 20 Mar – Tue 24 Mar
Fri 17 Apr – Sun 19 Apr	Fri 17 Apr – Tue 21 Apr
Fri 15 May – Sun 17 May	Thu 14 May – Mon 18 May*
Fri 18 Jun – Sun 20 Jun	Fri 18 Jun – Tue 23 Jun
Fri 17 Jul – Sun 19 Jul	Fri 17 Jul – Tue 21 Jul
Fri 14 Aug – Sun 16 Aug	Fri 14 Aug – Tue 18 Aug
Fri 18 Sep – Sun 20 Sep	Fri 18 Sep – Tue 22 Sep
Fri 16 Oct – Sun 18 Oct	Fri 16 Oct – Tue 20 Oct
Fri 20 Nov – Sun 22 Nov	Fri 20 Nov – Tue 24 Nov

Notes:

- While every care will be taken to honour these dates, they are subject to change.
- The 5-Day Retreat in May 2026 will not include a Mindful Movement session.