

ARTEMIS RETREATS

A large, gnarled tree with dark, twisted branches dominates the right side of the frame. Its leaves are a mix of green and yellow, suggesting autumn. In the background, a dense forest of green trees stretches across the middle ground. Beyond the forest, rolling hills and mountains are visible under a blue sky with light clouds. The overall scene is a wild, natural landscape.

The Wild Landscape

with Christy Punnett

10th - 17th October, 2026

“ The most profound transformations happen not through dramatic experiences but through the accumulated effect of conscious choices made in ordinary moments and with a truthful examined heart.”

Our Home For The Week



A Traditional Hunting Lodge

Delnabo Estate is situated in the heart of the Cairngorms National Park and on the banks of the River Avon. Surrounded by 3500 acres of unspoiled beauty and breathtaking views it is a magical base for our week together. The house has a separate hall for our movement practices with the main lodge being a space for rest, comfort food and connection. There is plenty of space including a drawing room with fire for silent reading and contemplating and a gathering sitting room for lively conversation and poetry.

See more here: https://www.instagram.com/delnabo_estate/

Accommodations

Our bedroom accommodations are comfortable and cozy and are located on the first and second floors of the lodge, with all living spaces on the ground floor.



British Queen Bed En Suite

3 Rooms Available

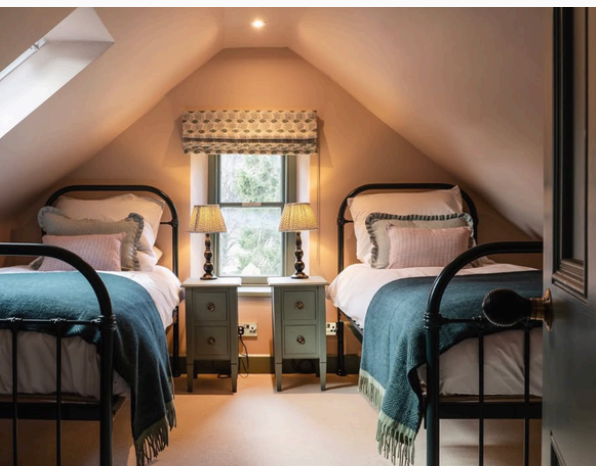
£2,500 single occupancy



British Queen Bed Shared Bathroom

2 Rooms Available

£2,200 single occupancy



Twin Bed Shared Bathroom

3 Rooms Available

£1,850 per occupant, double occupancy

Living Space

Space for the process of deep work and creative projects, as well as a dedicated space for gathering and storytelling. A simple breakfast and hearty dinner will be planned every day. Lunches will be farmhouse-style or on the move.



Practice Space

A space immersed in the energy of Artemis with a log-burning fire to sustain the heat of our daily practice.



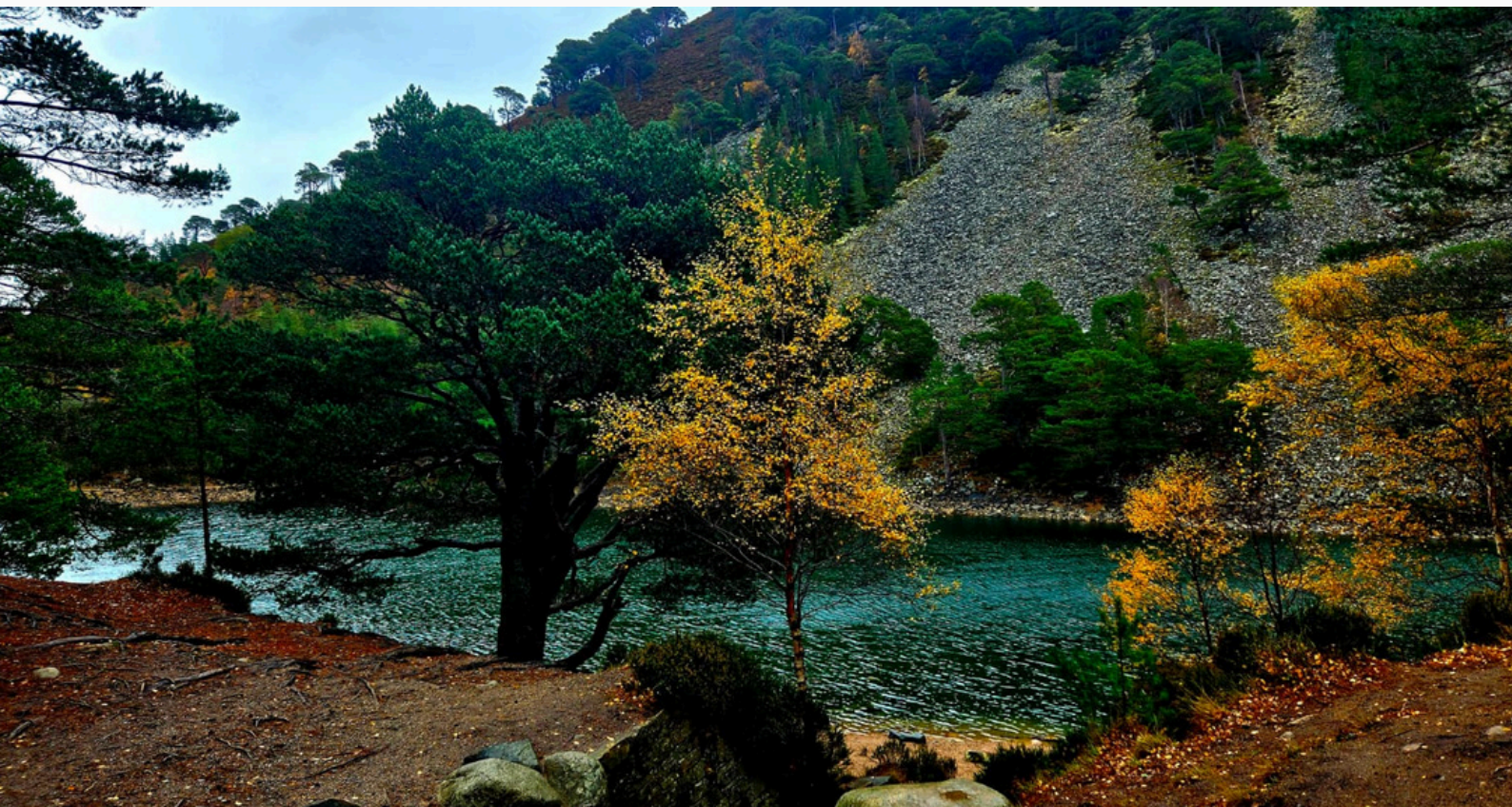
Surroundings

Delnabo grounds are lush and easily traversable for daily walks along the River Avon.



Landscape

October welcomes us into the seasonal shift of Autumn - the colours of the land are spectacular.



Movement

You can expect a deepened delivery of Artemis, including new materials and information, as well as support for the development of your practice.



Adventure

Two excursions during the week through higher terrain and into the cool lochs of the Cairngorms Reserve.



Conversation

Sit in good company, good conversation, and good food.



Recovery

Thermal immersion sauna and cold shower for recovery of autonomic regulation, inflammation, and stress physiology.





About Christy Punnett

Christy is the founder of Artemis Movement — a postural movement system she developed to facilitate change and adaptation, enhance strength and structural stability, and bring lasting somatic healing.

With a background in Institutional Management, she began studying and practising wellness modalities in her early twenties while raising her three young daughters. Nearly thirty years of teaching later, Artemis Movement is the synthesis — a practice built in response to what her own body needed and what current science most clearly supports.

She is currently an MPhil/PhD Student in Cultural Studies at the University of the West Indies, Cave Hill, where her research develops aisthesiology — the study of pre-reflective bodily knowing — across Celtic and Caribbean traditions. This work directly informs her teaching.

SUPPORTING THE DISCUSSION OF THE SCIENCE & THE SACRED



Dr Yanique M. Hume

Senior Lecturer in Cultural Studies
and Head of the Department
of Cultural Studies at UWI Cave Hill

Dr. Yanique Hume is an interdisciplinary scholar, dancer, and choreographer whose work moves between exploring the body as a site of memory, knowledge, and sacred practice across the Afro-Atlantic world. She is Senior Lecturer in the Department of Cultural Studies at The University of the West Indies, Cave Hill, where her interdisciplinary research spans Caribbean cultural thought, African Diaspora spiritualities, and Afro-Atlantic festive and sacred arts.



Alexandra P. Wolanskyj-Spinner
MD, FACP, FRCP

Consultant | Division of Hematology
Dept. of Internal Medicine
Mayo Clinic College of Medicine and Science

Dr. Wolanskyj-Spinner's research focuses on chronic myeloid neoplasms and autoimmune cytopenias. She is also a leader in medical education with a focus on physician wellbeing, contributing scholarly work, underscoring a holistic approach in resilience training, learner support, and the integration of humanities in medicine. She has authored over 150 peer-reviewed publications, book chapters and abstracts.