

RETREATS 2019

PAUSE..... CONNECT..... SELFCARE

Often our lives are so busy and so full – trying to find the time for ourselves can become too hard.

Before we know it – we are at discord with ourselves, lost direction, feel in a rut of mundane, un-nourishing, an energy zapping existence.

We have lost ourselves – we are no longer aligned to our values and even when we start to notice this – it just seems to create even more discord – and our inner critic has a field day!

This weekend retreat (3 nights) is designed for YOU.

It will give you the pause, reflection, exploration, discussion, insights and wisdoms to reconnect.

It starts on Friday Evening

You will be welcomed with a pot of tea and fresh snacks or indulge yourself with a homemade scone with jam and cream as you let go, inhale the deeply absorbing serenity and peace of the environment as it starts to cocoon you and then you will know that you have arrived.

From the moment you step into the doors of the Granary you will know that you have stepped into somewhere special

The accommodation:

Two miles from the lovely town of Beverley we will be staying in one of the award winning cottages / lodges on Bradgate Farm in the heart of Yorkshire's Nature Triangle and ideally placed to enjoy some of nature's views and local wildlife right on our doorstep.

5 Star & 5 Star Gold Award Cottages REYTA Winner 2013, 2015, 2016 & 2018

White Rose Awards Finalists 2013, 2014 & 2017.

Highly recommended 2018

Trip Advisor Certificate of Excellence 2015 to 2018

Warm Nurturing Surroundings

A beautiful sitting room and exclusive outside seating area

This beautiful converted barn (Grain store) have twin bedrooms – just two to a room. A bathroom and a shower room.

The real wow factor in this cottage comes with the large living room.

You can sit at the table outside and take in the quiet or take a walk on one of the nearby walkways and enjoy the views.

Snuggle up on to one of the sofas with a good book.

Relax, listen to music, journal, meditate or just get lost in your own thoughts.....

There will be time in the weekend – just for you

It features a dining area together with large comfortable squashy leather sofas and a wood burning stove.

This extremely spacious room has a beamed ceiling with oak floors and colourful rugs.

There will be plenty to eat too

Breakfasts will include choice of cereals, yogurts, fruit or toast


Lunches will be buffet style or salads, selection of meat and cheese

Dinners will be slowly cooked throughout the day – menus either chicken, meat or fish orientated.

(Please advice of any allergies or dislikes – please let me know of any requests – within reason!)

If you wish to bring wine – please feel free for a glass in the evening!



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- Are you living with something in your heart that's keeping you from living a life that feels really true to you?
 - We start with our permissions and intentions to gently allow this time to be solely about YOU

This supportive and safe environment will give you the time and space to reflect and discuss with YOU being your focus.

It will give you the quiet and tranquility to hear your wisdoms and insights that you already have within

GENTLY SOOTHING THE WOUNDS OF YOUR HEART

- Do you feel out of alignment with yourself?
- Are you battling inside with fear of making the changes that would be good for you?
- Do you know what would make you feel true?

Our Weekend Focus

Connection with Self and Others

Extreme Self-Care

It will be small enough to be safe and intimate and large enough to gain insights and wisdoms

It will give you time for you as well as time to have deep discussions with like-minded hearts.



Even when our weekend has drawn to an end
The transforming exercises, relationships forged
and your connection with yourself and nature will
continue with you as you continue on your journey
of self- discovery.

WHATS INCLUDED

- 3 nights lodging at The Granary Bedrooms are a shared twin room
- Light nibbles on Friday evening
- Three delicious meals Saturday and Sunday
- Breakfast Monday
- All demonstrations and classes scheduled
- Your self made flower remedy for your personal journey support
- Class handouts and messages, along with handouts and supplies
- Pair of spa slippers for your stay
- Self care and connection journal
- Special gift at the end of the retreat!

What's not included

- Transportation to or from our location
- Alcoholic beverages or other beverages not already supplied
- Shopping or souvenirs This time together will be an experience as well as time to conn
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• **INVESTMENT : £385**

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• Payment options:

Immediate	Deposit £150
End of February 19	Balance £235
	Total £385