



# Old Rectory House

## 3 Day Wellness Retreat - Sample Itinerary

### Thursday

Arrive 3pm Meet & Greet

4-6pm Opening circle with Doni, Lisa & Jamie - Introduction and housekeeping. Grounding exercises. Somatic movement, intention setting and fire-gazing meditation.

6.30pm Dinner

8pm Optional evening swim & hot tub or sunset beach walk

### Friday

Light breakfast in your accommodation

9-10.30am Energising Flow Yoga with Haley - A mix of Vinyasa Flow Yoga & Tantric Yoga. The perfect way to start the day!

11am Brunch

1-3pm Thermalist Method Workshop with Jamie - An introduction into the science and techniques of heat & cold therapy, including our sauna, ice bath & hot tub.

Spa/free time (Spa treatments available to book)  
Optional guided mindful beach walk

6.30pm Dinner

7.30-9pm Cacao Ceremony with Doni - Drink organic, raw cacao and embark on a journey of self-discovery, emotional release and inner clarity. Through guided intention setting, journaling and quiet reflection, this ceremony will cultivate a sense of warmth, gratitude and connection both within ourselves and the collective energy of the group.

Email [info@oldrectoryhousesomerset.com](mailto:info@oldrectoryhousesomerset.com) for booking



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### Saturday

Light breakfast in your accommodation

9-10.30am Morning meditation with Doni - Gently waken the body with breathwork, somatic movement and mindful practise to bring you into the present and set a peaceful tone for the day.

11am Brunch

12.30-2.30pm Crafting workshop with Lisa - A relaxed and mindful session designed to focus on the enjoyment of the creative process. An opportunity to connect with others and nurture your inner creativity. With no prior experience needed, you will be guided on a simple technique which you can develop in any direction you wish.

Spa/free time (Spa treatments available to book)

5.30-6.30pm Restorative Yoga with Manjula - A gentle and nurturing practice designed to help release stress, calm the mind and restore balance. Focussing on long held, supported poses that encourage deep relaxation and healing on every level.

7pm Dinner

8.30-9.30pm Sound Bath with Reuben - The ultimate sonic embrace that transports the receiver into a state of deep relaxation. The tones of the singing bowls and gongs induce a hypnotic and timeless effect as they calm the mind and bring you into presence.

### Sunday

Light breakfast in your accommodation

Optional spa time/walk before 11am departure

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## 3 Day Wellness Retreat

### Price List

**Double bedroom in our spa cottage with shared bathroom :**

Double occupancy (single beds) £625/person or single occupancy £940/person

**Double bedroom in our spa cottage with ensuite bathroom :**

Double occupancy (single beds) £675/person or single occupancy £985/person

**Studio apartment with ensuite bathroom, kitchenette and meadow views :**

Double occupancy (single beds) £695/person or single occupancy £1,015/person

**Shepherd Hut with private hot tub, stunning sea views, ensuite bathroom and kitchen :**

Double occupancy (double bed) £780/person or single occupancy £1,075/person

**We ask for a 25% deposit to secure your place with the balance payable 2 weeks before the retreat.**



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