

Old Rectory House Signature Retreats

This is a sample itinerary from a previous event
We release final itineraries a month before our retreats



Thursday

Warm welcome

Arrive from 3pm

Soak, Sauna & Swim

Relax into the retreat with our spa facilities

Flow & Yin Yoga with Haley

Feast & Fire

Share food, stories and connections

Friday

Breakfast

Morning Pilates with Sharn suitable for all levels

Guided Beach Walk

Explore the rugged beauty of Kilve Beach

Lunch

Aroma Exploration Workshop with Doni

A sensory journey into the world of mindful aromatherapy

Spa time & Treatments

Dinner

Crafting By Candlelight 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

Saturday

Breakfast

Morning Meditation with Doni

Spa time & Treatments

Lunch

Woodland Contrast Therapy Session with Jamie

Unlock with power of the heat and cold with our wood-fired sauna, hot tub and ice baths. We will teach you the science and safest methods for effective contrast therapy

Dinner

Sound Bath

A perfect end to the day - relaxing sound therapy in our wellbeing studio

Sunday

Breakfast

Energising Flow Yoga with Haley

11am Farewell



2026 Price List:

Double bedroom in our spa cottage with shared bathroom :

Double occupancy (single beds) £675/person or single occupancy
£990/person

Double bedroom in our spa cottage with ensuite bathroom :

Double occupancy (single beds) £745/person or single occupancy
£1,035/person

Studio apartment with ensuite bathroom, kitchenette and meadow views:

Double occupancy (single beds) £795/person or single occupancy
£1,075/person

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

Double occupancy (double bed) £825/person or single occupancy
£1,125/person

We ask for a 25% deposit to secure your place with the
balance payable 1 month before the retreat