



SOUND AND ENERGY HEALING RETREAT QUESTIONS AND ANSWERS

The following Q&As are

Q – What is the cost of the weekend?

A – Total cost for the weekend is £625 per person sharing.

Q – What is included in the cost?

A – Breakdown of costs for retreat are: Shared room and food costs £385. Three meals per day, including hot drinks and snacks. Paid activities: Yoga, breath and movement classes are £240. There are a number of other activities to join in with others, or have as personal time, including walks, fire & star gazing and educational talks.

Q – I have a food allergy; will that be a problem?

A – Please specify any food intolerances, allergies or food preferences in advance. Our chefs cater for vegetarian, vegan or for a small supplement, can add meat and consider other special food ingredients requests as well.

Q – Do I need to pay everything in one go?

A – We require a deposit paid for £250 to secure a place, which is non-refundable after 14 days. The remainder needs to be paid in full by the 1st of August 2024.

Q – What do the paid activities include?

A – Minimum of 12x active classes with teachers over two days including: Yoga, Qi Gong/energy & movement, pranyama/breath, sound immersion and meditation.

Q – Do I need a high level of fitness and any previous yoga experience?

A – All yoga, sound and energy sessions cater for beginners with a good general level of fitness. All yoga classes will have options for both beginner and advanced levels.

Q – Can I reserve a larger room?

A – Yes. There are two larger garden rooms with en-suite bathrooms at an additional £100 in total for two people sharing. Other room options can be considered for specialist requirements where available.

Q – Will I be able to choose the room I prefer?

A – Rooms are all generally of the same standard, coming in various different sizes and configurations, with mainly shared bathroom options. There are triples available as well for

those requiring an extra bed. We will best allocate rooms according to individual needs and group requirements within the main house areas. Rooms are mostly determined on a first come, first serve basis.

Q – Can I bring a partner or friend to stay who doesn't want to take the classes?

A – Yes. Shared rooms with food costs included are £385. For partners sharing double rooms, the additional room and food cost is £275. Partners and friends are welcome to join in with all group activities and in paid classes at £20 per session, where spaces are available on the day.

Q – Will there be any one-on-one healing sessions on the retreat?

A – There will be healing session spaces available over the weekend, for one-on-one reiki, sound healing and chakra tuning sessions. Full details will be on the website including bookings.

Q – Are there single occupancy room options?

A – Yes there are two small singles £30 extra at £655. Larger single occupancy twin and double rooms £60 extra at £685.

Q – Can I come for the just one day?

A – Yes, shorter duration is an option, but the retreat price will be the same for the full weekend at £625.

Q – I have a friend who wants to come to the retreat and may want to try some of the classes, is this an option?

A – Guests can try classes at an additional £20 per class, where spaces are available on the day. Allowances for any other specialist requirements and requests, can be arranged in advance.

Q – What other alternative activities are there for those not joining yoga, energy movement classes and sound sessions?

A – Retreat attendees and guests are free to walk the grounds, to explore the natural beauty around the area. Village shops and inns are located close by for those wishing to sample local hospitality. There are group walking tours, fireside and yurt talks or areas inside or outside to relax. Outside sessions and events will be weather dependent.

Q – Do you provide equipment for the yoga and energy movement classes?

A – We have a limited number of yoga mats, bricks, bolsters and eye masks. Please let us know if you will be bringing your own.

Q – Do we need special clothing for the sound baths and yoga classes?

A – For the yoga, Qi gong and energy movement sessions, it's advised to bring along something that you usually wear to the gym, which allows for free movement. For sound sessions, consider something you are going to be warm and comfortable wearing whilst lying down.

Q – Do we need specialist outdoor clothing?

A – It will be late September, so it's advisable to bring both light and warm, waterproof clothing, sturdy boots for walking, as well as the standard sun hats, any scarves and gloves to allow for changeable British summer conditions.

Q – What happens if there's any problems before the event?

A – If there are any delays or issues with attending, please alert us at the earliest convenience. We have a cancellation policy and the terms and conditions you will be shared when booking, explain what happens with unforeseen circumstances.

Q – What happens if there's issues on the retreat?

A – Please refer to the terms and conditions which will be on our website and shared with you when booking. Anything unclear or missed off the Ts&Cs, please call or email the event organisers and we will help with any further queries where we can.