

SUMMER SOLSTICE 2024

YOGA & REIKI

RETREAT WEEKEND FOR WOMEN

At Claridge House, Dormansland, Lingfield, Surrey

Friday 21st June – Sunday 23rd June 2024

It is always a pleasure to return to Claridge House each year. 2024 will be our 5th annual retreat. The feelings of calm, peace, restoration and relaxation can be felt on arrival, they percolate through the weekend and remain for the return to the outside world.

It is truly the ideal environment for a yoga retreat. This weekend will be a balance of carefully thought-out yoga classes; optional early morning pranayama, ample free time to rest, dream, create and explore; individual Reiki treatments, plus rituals to celebrate Litha or Alban Hefin (aka the Summer Solstice.) This full moon weekend gives us the opportunity to pause, experience, feel and embrace the height of Summer and all it brings.



Claridge House is a beautiful Society of Friends (Quaker) Victorian property, set in 2 acres of gorgeous gardens with arboretum, which includes giant redwoods, fir, beech, cedar and more, a wildflower meadow, bees, peace garden and ornamental pond.

More photos from previous years' retreats can be viewed here:

www.peacefulpractice.co.uk/yoga-workshops/

Accommodation

All rooms are single occupancy and ensuite, except Room 5, which has its own separate private bathroom. If you would like to share an ensuite twin room, there is a 15% discount.

All have tea & coffee making facilities and wi-fi.

Arrival time is on Friday from 3pm onwards when you will have access to your room as well as the gardens, lounge and library. Afternoon tea is at 4pm.

Departure is after lunch on Sunday.



There are no televisions nor alcohol on the premises and alcohol is not permitted to be consumed.

However, there are pubs in Dormansland, which is within walking distance.



Food

The food is delicious, home cooked & vegetarian/vegan. All meals are well balanced and nutritious and, where possible, locally sourced & sustainable.

All meals are taken in the dining room.

Breakfast is buffet at 08:30. Saturday and Sunday.

Lunch is served at 13:00 Saturday and Sunday.

Afternoon tea is served at 4pm on Friday & Saturday either in the lounge or on the terrace.

Dinner is served at 6.30pm. Friday and Saturday.

The team is happy to cater for certain dietary requirements or intolerances that you may have provided you make this known at time of booking your place on the retreat. Diets catered for are Vegan, Wheat free, Dairy free, Gluten free and Sugar free. Any special foods can be stored in the kitchen, along with medication, if required.



Directions

By train

From London Victoria, Blackfriars or London Bridge, catch the East Grinstead train to Lingfield. A taxi can be prebooked to meet you at the station. Claridge House is a 5minute drive from Lingfield station. www.friendscars.co.uk 01342 618082.

By car

From the M25: Leave at Junction 6 (A22) following signs to East Grinstead. At Blindley Heath traffic lights turn left to Lingfield on B2029. At the first mini roundabout in Lingfield go straight ahead, at second roundabout bear left, then follow directions below from Lingfield.

From the M23: Leave at Junction 10, following signs to East Grinstead. At the second roundabout turn left and follow B2038 to Lingfield-cross one staggered junction, then cross the A22 at a roundabout. At first mini roundabout in Lingfield bear right, at second mini roundabout bear left then follow directions below from Lingfield.

From Lingfield:

About half a mile out of Lingfield, past the racecourse on your right, go under a railway bridge with traffic lights. About a quarter of a mile after the bridge, fork right towards Dormansland, along Dorman's Rd. Claridge House is situated 240 yards along on the left. There is free on-site parking.

If you would like to car (and petrol cost) share, either as a driver or passenger please let me know when sending your deposit so that you can be "matched" Also where you intend to begin your route/if you can collect/meet passenger, etc.

What do I need to bring?

Suitable yoga attire, bearing in mind that we may do some practices in the gardens.

A pair of trainers or gym type shoes. Soft shoes/slippers to use inside the house.

A blanket and a scarf for use in yoga sessions.

Your own yoga equipment if you have any-i.e. blocks bolster, mat, scarf. If you do not have, please don't worry. These will be provided by Claridge House and myself, where required, allocated one set each per guest.

What is included, what is not, and how to book

Included in fee:

Two-night accommodation in single occupancy, ensuite room, with tea & coffee making facilities. 2 Breakfasts, 2 Lunches, 2 Afternoon teas, 2 suppers, all refreshments, all yoga tuition, ritual guidance and 20-minute individual Reiki treatment.

Total fee: £437 per person

If you choose to share a room, there is a 15% discount per person:

Included in fee:

As detailed above, but the accommodation is double occupancy, with a double bed or twin beds

Total fee: £392 per person.

Let me know if you would like this option.

Transport to and from the venue is not included.

To book: Using reference CH, pay by BACS to reserve your place with either the deposit of £165 or full payment of £437. Complete & send me the booking form on the next page. Do ensure you have read and understood T&Cs before you book and tick the box to confirm your acceptance. Bookings cannot be accepted otherwise.

You will then be sent confirmation, by email only, once your deposit /full payment plus completed booking form. have been received.

Deposits need to be received by Friday 3 May 2024

The balance needs to be paid in full by Friday 24th May 2024.

Bank details

Bernadette King

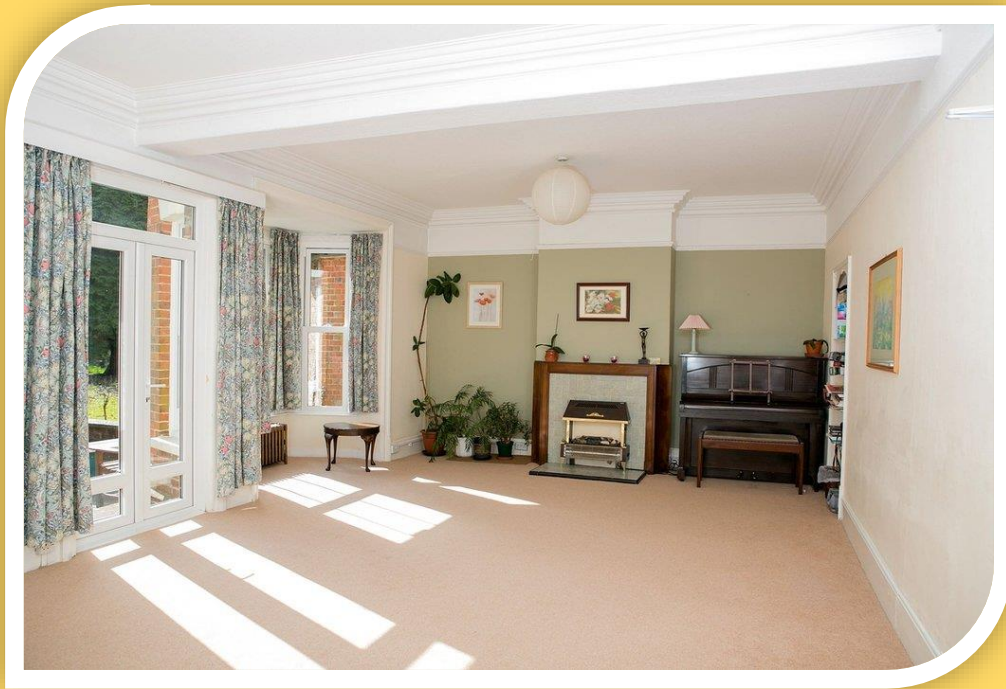
Reference CH

Sort: 30-93-70.

Account: 10924568

Please use reference CH with all payments so that I can easily identify your booking.

Thank you!



Programme

All sessions are optional to attend and may be subject to amendment:

Friday 21 June. Check in from 3pm

16:00 Afternoon tea.

16:45-17:00. Optional quiet time led by CH staff in library.

18:30 -19:15: Supper

19:30-20:15: Yoga practices to aid digestion!

20:30-21:30 Evening stroll and summer Solstice sunset ritual

Saturday 22 June

04:35-05:00 Dawn chorus and early morning pranayama

08:00-08:30 Pranayama/Meditation.

08:45 Breakfast.

10:00-11:30 Midsummer Morning Yoga

11:30 -13:00 Free time/ Reiki treatments

13:00 Lunch.

14:00 -16:00 Leisure/Reiki treatments

16:00 Tea and cake.

16:45-17:00 Optional quiet time lead by CH staff in library

18:30 Supper

19:45-21:15 Slow Flow and restorative yoga

Sunday 23 June

08:00-08:30 Pranayama/Meditation.

08:45 Breakfast.

09:30 11:00 Summer Sunday yoga

11:00 – 11:15 tea & biscuits

11:15-13:00 Leisure/Reiki treatments

13:00 Lunch

14:00 Depart

T&Cs - please read!

Cancellations

Cancellation of your place, for whatever reason, must be notified in writing to me via email only.

The deposit is not refundable under any circumstances.

No refund of balance can be given 4 weeks or less unless another attendee can go in your place.

More than 4 weeks cancellation, 50% of full amount, less deposit.

If Claridge House or Bernadette King is forced to cancel due to major unforeseen circumstances or national situations, all monies can either be refunded or carried over to any yoga courses, retreats, Reiki and Massage therapies.

info@peacefulpractice.co.uk

I have read & agree the terms & conditions – please tick box:

Booking form

Name.....

Email-----

Tel -----

Delete/complete as appropriate:

- I have paid full amount of £437 by BACS for single occupancy room
- I have paid full amount of £392 by BACS for double occupancy room
- I have paid non-refundable deposit of £165 by BACS and will pay balance by 24 May 2024.
- I am a driver travelling from and am happy to car/petrol share.
- I do not drive but would like to share car & petrol costs. I am travelling from:

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- I have the following food allergies/sensitivities:

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