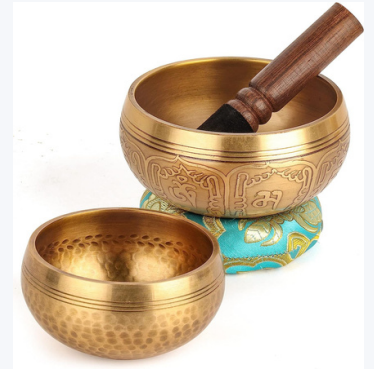
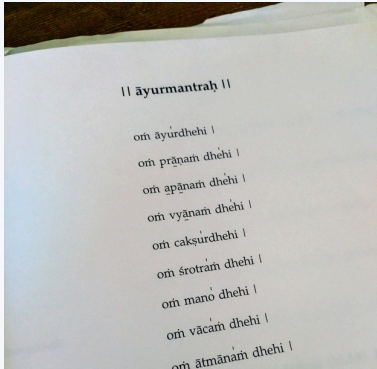


Gentle, Healing Sound...

Connecting to Ourselves and Others



A Weekend Retreat

Friday, 23 - Sunday 25 May 2025

An invitation to take time out for a weekend in a small, contained group and explore the gentle power of sound. Sound originates in a deep, quiet place within us and can create a gentle pathway back to this place when we lose our connection to it within the noise of our worlds. Equally, sound radiates out from us thus touching others and creating a network of subtle connections. The days will begin and end with accessible yoga practices that invite the exploration of connection to self and others through sound. The rest of your day is an open space to nurture these connections in any way that resonates for you. We will hold the space for you to simply be, with yourself, or with others and nurture you with good food!

Accommodation is in fun converted stable bays (single occupancy) or simple, comfortable rooms (shared between two people): £245pp; (single occupancy for rooms £270) - (maximum 10 participants) To treat yourself to this opportunity contact sabinedahn61@gmail.com or barbaradancer@gmail.com