

Details for Rosemerryn Retreat 9 to 13 March 2023

Rosemerryn is a deeply special retreat centre, close to a beautiful part of the Cornish coast, not far from Penzance. There is lots of information and lovely photos on their website www.rosemerrynwood.co.uk.

There is space for 8 plus me or 10 if there are those who can share a room. There is also the option for 2 or 3 people to stay in a local B&B and come daily. You would need to source your own accommodation.

The retreat will start on Thursday, you can arrive between 5pm and 6pm and finishes after breakfast on Monday. Daily rhythm is along the lines of 7.45am guided meditation followed by breakfast, 10am yoga/deep rest followed by lunch at 1pm, 2pm rest or walking alone or with others, 4.30pm yoga/pranayama/deep rest/walking meditation followed by supper, 8.15pm meditation/chanting.

The house will be in a nurturing silence from evening meditation until the following lunchtime.

Meals are vegetarian, wholesome and absolutely delicious. Lesley, who will cook for us, can cater for most special diets if she knows in advance.

Accommodation Cost for 4 nights is £392 for sharing a room £472 for own room with shared bathroom, £512 for room with ensuite. The cost includes everything.

To book please email carolinelangyoga@yahoo.com. A deposit of £90 would secure your place and the balance is due three weeks before the start of the retreat.