

Details for Rosemerryn Retreat

31 October to 4 November 2024

Rosemerryn is a deeply special retreat centre, a short walk from Lamonrna Cove and beautiful, rugged costal paths. The centre is close to Penzance which is easily accessible by road and by rail. There is lots of information and lovely photos on the Rosemerryn website www.rosemerrynwood.co.uk.

The accommodation is spacious, a former artist's residence. with a very cosy traditional kitchen, a large the living room with an open fire, a peaceful conservatory. The gardens are gorgeous and surrounded by 7 acres of magical woodland. There is a separate practice room just outside.

There is space for 9 plus me with two people sharing each room and one single available. There is also the option for a few people to come daily. You would need to source your own accommodation unless you live close by.

The retreat will start on Thursday, you can arrive around 5pm... 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, rest or walking alone or with others or cooking soup, 4.30pm yoga/pranayama/deep rest followed by supper, 8.15pm meditation.

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

Meals Our first evening meal and all our lunches will be professionally cooked by Jamie who comes highly recommended and has cooked for many retreats at Rosemerryn. All vegetarian and special diets can be accommodated if you let me know in good time. Breakfasts will be help yourself. To help a little with keeping the cost down, we will be cooking soups for 3 of the evening meals. I will provide recipes and ingredients for simple soups and asking for volunteers.

Accommodation Cost is £485 in a shared room and £595 for the single. The cost includes everything once you arrive.

Retreats are such a precious opportunity to pause, rest, restore and reconnect. I so hope you can join us in this truly magical place.

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