



Retreats at Old Rectory House

Signature 3 Day Retreat - Sample Itinerary

Thursday

Arrive 3pm meet and greet
4pm opening circle
5-6.30 pm yoga
7pm dinner

Friday

Light breakfast in your accommodation
9-10.30am yoga
11am brunch
Spa time/free time
3-5pm afternoon crafting workshop
6.30pm woodland dinner cooking over fire
8 - 9pm sound bath

Saturday

Light breakfast in your accommodation
9-10.30am yoga
11am brunch
Spa time/free time
Optional guided walk in the Quantock Hills
4-6pm Cacao Ceremony & meditation workshop
6.30pm dinner
Closing circle

Sunday

Breakfast in your accommodation before departure

Email info@oldrectoryhousesomerset.com for booking