



# Retreats at Old Rectory House

## Signature 3 Day Retreat - Sample Itinerary

### Thursday

Arrive 3pm meet and greet  
4pm opening circle  
5-6.30pm 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](mailto:info@oldrectoryhousesomerset.com) for booking



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## Signature 3 Day Retreat - Price List

### Price List

**Double bedroom in our spa cottage with shared bathroom :**

Double occupancy (double or single beds) £625/person or single occupancy  
£925/person

**Studio apartment with ensuite bathroom, kitchenette and meadow views :**

Double occupancy (double or single beds) £695/person or single occupancy  
£975/person

**Shepherd Hut with private wood-fired hot tub, stunning sea views, ensuite  
bathroom and kitchen :**

Double occupancy (double bed) £745/person or single occupancy  
£1,025/person

**We ask for a 25% deposit to secure your place with the balance payable 2  
weeks before the retreat.**



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