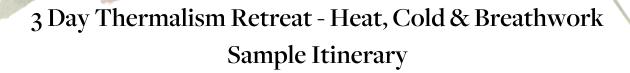
Retreats at Old Rectory House



Thursday

Arrive 3pm Meet and greet
4pm Opening circle
5-6.30pm Woodland Sanctuary Session - Sauna, Ice bath & Hot Tub
7pm dinner

Friday

Light breakfast in your accommodation
9-10.30am Wild Swimming
11am brunch
12.30-2pm Workshop On The Benefits of Hot & Cold Therapy and Breathwork
3-5pm Woodland Sanctuary Session - Sauna, Ice bath & Hot Tub
6.30pm Woodland Dinner Cooking Over Fire
8 - 9pm Meditation & Breathwork

Saturday

Light breakfast in your accommodation
9-10.30am yoga
11am brunch
12.30-2.30pm Optional Guided Walk in the Quantock Hills
3-5pm Cold Pool Swimming, Hot Tub & Sauna
6.30pm dinner
Closing circle

Sunday

Breakfast in your accommodation before departure

Email info@oldrectoryhousesomerset.com for booking

Retreats at Old Rectory House



3 Day Thermalism Retreat - Heat, Cold & Breathwork 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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