



# Retreats at Old Rectory House

## 3 Day Thermalism Retreat - Heat, Cold & Breathwork Sample Itinerary

### 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](mailto:info@oldrectoryhousesomerset.com) for booking



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**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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