

2024 RETREATS
STAYCATION

NARALI RETREATS

Friday 12 - Sunday 14th July 2024

Rejuvenate & Renew



THE EXPERIENCE

Are you ready?

Join us for a transformative getaway in the beautiful surroundings of Gradbach Mill. With comfortable en-suite accommodations, we have 9 twin rooms (shared, sleeps 18) and 2 double rooms (sleeps 2), offering a total of 20 spaces for this retreat.

During this rejuvenating retreat, you'll have the opportunity to participate in enriching workshops led by experienced instructors.

Rania will guide you through invigorating sessions, Lyndsey will help you find your balance and inner peace, and John will lead sessions that leave you feeling rejuvenated

As an added bonus, we are excited to offer mini-workshops such as self-hypnosis and a captivating Fire Ceremony that will enhance your experience.

READY TO GUIDE YOU

The Team



RANIA
STRENGTH &
FLOW



JOHN
GROUNDING &
MEDITATION



LYNDSEY
BALANCE &
RESTORE

Accommodation & Price

We have 9 twin rooms (shared, sleeps 18) and 2 double rooms (sleeps 2), offering a total of 20 spaces for this retreat.



**TWIN ROOM
(SHARED OCCUPANCY)**

£550 per person
en-suite



**DOUBLE ROOM
(SINGLE OCCUPANCY)**

£650 per person
en-suite



**DOUBLE ROOM
(SHARED OCCUPANCY)**

Please speak with Rania
regarding the price of this
room option

THE FOOD

Seasonal, delicious & nutritious sharing plates will be the vibe for all our food. All meals will be lovingly prepared fresh on-site.

We're aiming for sharing platters, generous portions and family-style dining all weekend long! Dietary requirements can be catered for. Full details will be taken in the pre-departure information pack.

Extras

In addition to the workshops, take some time to explore the stunning surroundings. Embark on a scenic 40-minute walk through ancient woodland to Luds Church or challenge yourself with a 1-hour hike to 3 Shires Head

*In every walk
with nature, one
receives far more
than he seeks.*

Be Wild

Sitting on the bank of the river Dane, our accommodation offers the perfect spot for a splash, dip or full immersive swim.

If wild swimming is something you've been looking to embrace, take the opportunity to join us for a refreshing splash!

GET IN TOUCH

Deposit & Booking

Don't miss out on this incredible weekend retreat! Book your spot now and immerse yourself in an unforgettable transformative experience.

£150 Security Deposit

All deposits are to be paid by bank transfer to the following account: reference: Gradbach Mill

Rania Fawaz

Monzo

04-00-04

12836045

This deposit is non-refundable unless the entire retreat is cancelled

The remaining balance is to be paid in 4 instalments with the final balance paid 30 days before the retreat begins (14/05/2024)



LET'S CHAT!

Any Questions? Get in Touch

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WEBSITE

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adventure awaits...

