



Transform in Nature RETREATS

I would like to invite you to immerse yourself in this beautiful setting at the foothills of the Black Mountains on the edge of the Brecon Beacons.

Over the long weekend, I will be providing support to help you identify subconscious patterns and beliefs that may have left you disempowered, disconnected or feeling a lack of confidence to fulfil dreams and ideals that have been put on the back burner or feel out of reach. Opening transformational pathways allows us to recognise inherent feminine wisdom that provides building blocks of self-awareness to enable growth, creativity, joy and new beginnings, to bring forward whatever is waiting to emerge. Held in nature, with compassion, care and truth, you are encouraged to explore your treasure chest of potential.

Accommodation

The stone cottages are nestled in some of the most beautiful scenery on the edge of the Brecon Beacons National Park. With a spectacular river setting, 16 acres of private land, breath taking views of Hatterrall Hill, part of Offa's Dyke, and the Skirrid Mountain, you can fully relax and enjoy all the beauty, wildlife and tranquility of this special place. The cottages have been renovated to a high standard with the main building offering plenty of room to relax with ensuite bedrooms and stunning views, a large lounge area, dining room and kitchen. The cottage also offers a private courtyard which allows an option for al fresco dining should we want to take in the Brecon Beacons amazing night sky.



Food and beverages

I'm excited to have a wonderful cook looking after us, who works at many upmarket retreats in Spain. Delicious vegetarian food will be prepared to include breakfast, buffet lunches on Saturday and Sunday and a two course evening meal each night, with pre dinner fruit cocktails and nibbles. Teas and coffee will also be available throughout the day.

Please note this is a no alcohol retreat.



Yoga

A short drive away from the cottages is the yoga barn. Natural light streams into the beautiful and fully equipped yoga studio, creating a wonderful calm atmosphere to help you relax, restore and rebalance. An hour and a half yoga session is included on Saturday and Sunday morning and an additional hours yoga on Monday morning.



Treatments

One treatment is included per person and will be reserved on a first come first served basis. There are 4 x 45 minute kinesiology slots available or 8 x 30 minute slots available for deep energy clearing and healing working with the purifying nature of selenite crystals.





Prices and timings

Two retreats are being held on **13-16th March 2020** and on **26-29th June 2020**. Check in time on Friday is 4pm. Ideally everyone can arrive by 5pm. A talk will start at 5.30, followed by the evening meal. On Saturday and Sunday there will be morning yoga sessions, inspirational talks and sharing of knowledge, plus free time to enjoy many scenic walks and explore the surrounding areas, or you may choose some quiet reflection time in the cottage. Weather permitting, we will sit around a fire pit one evening, by the river, and enjoy a powerful drumming and energy clearing ritual. Monday morning, we need to depart the accommodation after breakfast at 9.45am and drive to the yoga barn for an extra one hour yoga session before we sit together and share new thoughts, feelings and shifts experienced over the weekend. The weekend will finish at 12.45pm.

Prices below include:

3 nights accommodation, all meals, 3 yoga sessions, a treatment and the daily sharing of knowledge and guidance to help open transformational pathways.

March 13-16th retreat

Triple room shares **£365** per person
Twin room shares **£420** per person
Double room with single occupancy **£550**

June 26-29th retreat

Triple room shares **£395** per person
Twin room shares **£450** per person
Double room with single occupancy **£580**

Spaces are limited. For further information or to make a booking please contact Dawn on **07968 202252** or email at: **dawnbaileytreatments@gmail.com**
A non-refundable deposit of £100 will secure your place. For March retreat balance due 31st January 2020.