

## Devon retreats



Sumptuous beauty & comfort in the 36ft lounge with french windows onto the valley

Located in the folds of the Exmoor hills, this retreat is a blissfully luxurious embrace of the senses. The venue has been chosen for its idyllic setting and extremely comfortable accommodation.

We spend 4 or 5 days in which we combine powerful cutting edge coaching techniques (group and individual) with rejuvenating bodywork (yoga, chi kung, massage, etc) to produce a guaranteed 'passionate purpose' experience. The venue is a gorgeous lodge set in Exmoor, with luxurious en-suite bedrooms, stunning 36 foot lounge and open fireplace dining room. We guarantee a delicious pampering of the mind, body and senses along with yummy food cooked by an accomplished chef.



Passionate Purpose participants

The coaching is an incredibly effective process for personal & professional change work that produces amazing results. Traditionally it has focussed on the mind and our way of thinking, however in our retreats we complement it with powerful bodywork and movement to produce a more holistic process. Of course the beautiful natural setting is integral to our process also. The end result is a You, that is reconnected with who you really are and with what you really want to do in the world - something that inspires you and fills you with passion.

## Typical Structure

Arrival is from 6pm. Departure is from 2.30pm  
(Autumn & Winter start and end days may vary – please check individual dates)

The first evening is the welcome evening where we get settled in and get to know one and other.

Things really kickoff the following day and a typical schedule is as follows (don't worry - everything is optional)

08.00-09.15am yoga or chi kung  
09.15-09.40am meditation  
09.40-10.45am breakfast  
10.45-1.15pm morning session  
1.15 -2.45pm lunch  
2.45 -5.30pm afternoon session  
  
7.30 -8.30pm dinner



After 5.30pm participants often go for walks; spend time, reading, socializing, etc. As you can see there is also ample space during breakfast and lunch.

On the final day we follow the same schedule except we finish after lunch. So departure will be from 2.30pm. If need be, you could skip lunch and leave early at 1pm.

The venue is located just west of Luxborough, which is on the Devon/Somerset border. It's about 6 miles south of Minehead and 20miles northwest of Taunton (the nearest train station).

## Food

The food at the retreat is delicious vegetarian fare (with eggs). Drinks include freshly squeezed juices, mineral water and tea & coffee. If you have any special dietary requirements, please let us know and we will see what we can do.

## Dates & Prices

2<sup>nd</sup> – 7<sup>th</sup> June 2007  
28<sup>th</sup> – 2<sup>nd</sup> September 2007  
4<sup>th</sup> - 8<sup>th</sup> December 2007

Private en-suite room        £529  
Shared twin en-suite room   £389

22<sup>nd</sup> – 27<sup>th</sup> March 2008  
Private en-suite room        £579  
Shared twin en-suite room   £419



Please **contact us** for our Early Bird discounts - subject to availability.

Food, accommodation and all workshops are included in the price. Massage is available as an optional extra.

## Who Comes?

Anyone who wants to have a much clearer sense of who they are, to be able to confidently say what they want in the world and to feel passionate and excited about that.

Our participants cover all age ranges, often come on their own and are looking for some effective personal development in a safe and fun environment. They come from a wide range of backgrounds and for many this is their first experience of this kind of retreat. People often make really good friends and continue to stay in touch long after the retreats. Our aim is to create an intimate 'family' environment.



If you enjoy being in beautiful natural surroundings whilst being pampered with luxurious accommodation and delicious food, you'll feel right at home.

## Bodywork

The bodywork we do is designed to complement the coaching on the retreat. It is simple and yet very deep, working on many layers without necessarily being consciously aware of it. Everyone is catered for, and you need not have any previous experience. It is up to you whether you partake or whether you want a more leisurely morning.

## Testimonials

"Just wanted to say that the week-end was great - feel really enthused about life like almost never before"

"I have a much greater belief that I can do what I want to do. I'm feeling more positive, empowered dynamic and alive! I'm so much more excited by life!"

"I'm feeling great since our weekend together. So much has slipped away. I have had to check in with myself at times, when I realise I have played with the kids and enjoyed it, had a day at work, been running, had dinner, done homework and had time to see friends and still feel like I'm delightful company...Weird!!!"

"Ever since the weekend I've been glowing inside! It's been a really deep and powerful experience, well beyond what I had expected."

"I feel more certain of myself, I have a clear image of who I am, which I have to say I HAVE NEVER HAD BEFORE!"

*Our intention is that you'll leave having had lots of fun, as well as a very peaceful and relaxing time. But above all you'll have a new spring in your step, a sparkle in your eye and a clear and motivating sense of who you are and how you will express yourself more fully in the world.*