



Space to Breathe

Relax, reflect, re-energise in the beautiful, natural setting of Rydal Hall



Join us as we step off the treadmill and make our own wellbeing the focus.

Take a walk around the gardens, woodland and waters of Rydal Hall, try out some simple relaxation and self-awareness practices, enjoy good food and the company of others who understand the kind of pressures you face.

Return from your time out more able to continue supporting others in work and life.

Both the Time Out Days and the Residential Retreat offer a similar approach, the longer retreat simply has opportunity for greater variety and depth of practice that many find particularly beneficial.

Time Out Days

12th March

19th May

15th July

£95

Residential

Retreat

30th June -

3rd July

£650

Photos by Jonny Gios



We have a modest bursary to subsidise the cost of these events for those living or working in Cumbria, but it will go a lot further if you and/or your employer can contribute. We ask that everyone gives something according to your means, whether the full amount or a proportion. Please get in touch if you need guidance about this.

For more information on future Time Out days and Residential Retreats and how they may apply to you, contact:

paul@sacredspace.org.uk



To book a place contact:

paul@sacredspace.org.uk

These events build on a successful, two decades-long, series of such opportunities for those in caring work, education and other public services.