

# April Retreat 2021

## Why am I running this retreat?

As you know self care is an important thing that many of us overlook. Especially if you work with energy. This space is an opportunity to hit pause and reset.

Spending time with like minded people, in a quiet location set in the heart of Moray/Speyside.

I typically get more specific information closer to the time from my team which I will share with those who book up.

## What exactly does it entail?

As much or as little is needed for each person.

My aim is to take us to a few sites during the time there to connect as a team, with some group meditation in the evenings.

But in reality if all you want to do is switch off and sleep for the 5 nights that's perfect too

## Moray/Speyside retreat



I was born in Speyside many years ago and while I left when I was 9 I still have a detailed memory of the area. It helps I have family in Moray so I do go back from time to time.

Moray or Speyside as it's also known is in the heart of Pictish land. With sites at Forres, Burghead and more. There is a lot of history both modern and ancient to be found and I've been guided, well shoved to set some time up here.

Some is to do with the land and connection to the ancestors and some is to do with frazzled people taking a break and remembering who they are.

I intend to visit some sites which will be weather and energy dependant. And that fit with the group so nothing is set in stone. If it's right to go as far as The Black Isle we will, if it feels right to visit Findhorn, Bordie Castle, Elgin Cathedral, the Pictish fort at Burghead or whatever else pops up then we will do.

It's all about flow.

## How do I book a space

I have 10 spaces available with separate rooms for all. There is an option to share a double or twin room if you wish - please just ask for details.

The price is £550 per person which includes dinner, bed & breakfast (vegetarian for all meals) and paid entry on any excursions.

Any food allergies or intolerances please let me know so that I can cater fully for you.

If you want to attend for a shorter time I'm also offering 3 & 4 nights - the booking system has all the details.

## Where exactly are we staying?

I will be keeping the exact location private until closer to the time and then I will share with those who have booked exactly where we will be staying. It has a more traditional feel decor wise but has a strong welcoming energy - otherwise I wouldn't have booked it. I like to maintain privacy so if people don't know exactly where you are going they can't tap in energetically.

We will be staying near to Forres which has good links for those travelling by air (Inverness airport approx 30 min away, or Aberdeen airport then a train/car) or by train (you can get direct links to Elgin then Elgin to Forres). For those driving it's fairly straight forwards with plenty of parking.

It is a little more considered than previous retreats as it's 5 night not 4 and you will get your own bedroom. This is important for any shifts/integrations that can happen on a retreat.

## Count me in!!

The important bit:

Dates are 5pm Sat 17th - 10 am Thur 22nd April 2021

A 5 nights stay.

You have the option to stay 1-2 extra nights (concluding 10am 17th) should you wish it as an extra break. There will be a £15 charge per night to cover any extra food. There is plenty to see in the area and may be a nice adjustment before travelling home.

I would ask that a £100 non-refundable deposit be paid asap to secure your space, with the balance due end of Feb or mid March if more time is needed.

***Cancellations will be fully refunded only if someone is able to take your place, or at my discretion based on circumstances***

To book email me at :  
[cheryl@dragonascensiontherapies.co.uk](mailto:cheryl@dragonascensiontherapies.co.uk)  
 or visit the [booking page](#)