

# QUESTIONS & QUERIES

## How many people will be there?

There are 14 spaces for guests and 2 retreat hosts (Claire & Nicola), there will also be a caterer on site who will be preparing all our meals.

## Will I be sharing a room with?

We have a mix of single and shared accommodation. All rooms will be same sex allocation. If you wish to attend as a couple please let us know on the registration form. Likewise if you are coming with a friend, then let us know and we will allocate you together.

## So I could be sharing with someone I don't know?

Yes, we like to think that people who attend our retreats, share similar goals and aspirations and are looking for the same retreat experience. Previous attendees have said they were nervous about sharing but ended up making a friend for life, but if you really don't want to share, then please let us know and we will try and allocate you a single room, but please be aware that if we have more requests than rooms, your request may not be possible.

## What food will be available?

Our menu's are vegetarian, with a simple rustic feel. Think soup with bread for lunch and vegetarian moussaka for dinner. If you have any allergies or intolerances then please let us know on the registration form.

## What if I've never done Yoga before?

Nicola is a qualified Yoga Teacher and is able to adapt and cater for all individual needs. Her Yoga practices are suitable for everyone, from complete beginners to experienced Yogi's.

## But I'm not creative?

If Claire had a £1 for everyone who's ever said that to her!!

The creative exercises are gentle, simple and designed to rebalance your energy, we're not looking for the next Banksy!!

## What if I don't want to do an activity?

Then don't!! The Itinerary is there for you. You can do as little or as much as you want. The venue has plenty of space for you to escape with a good book or take a stroll outside

# EMBRACE

Embrace defined: /əm'brās/ noun 1.  
an act of accepting or supporting  
something willingly or enthusiastically.