

# QUESTIONS & QUERIES

## How many people will be there?

There are 13 spaces for guests and 2 retreat hosts (Nicola & Claire), the lovely Fiona will also be returning to prepare all our meals.

## Do I have to share a room?

Yes, there are NO single occupancy rooms available.

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 are looking for the same retreat experience.

Previous attendees have said they were nervous about sharing but ended up making a friend for life.

## 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 Instructor 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 reconnect your

energy, we're not looking for the next Grayson Perry!!

## 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 walk outside.